



**GET UP AND GET MOVING!**

Ready to get fit? Check out our BMH Fitness Management Center coupon inside!

**SEE PAGE 3 ►**

# HEALTH SCENE®

JOURNAL OF WELLNESS AND GOOD HEALTH CARE ● FALL 2015

**Y**our big day is almost here, and as you prepare for your baby's birth, you probably have lots of questions about your hospital stay. ♦ Getting ready for the big day should be an exciting experience for you and your family. From your first doctor's appointment to the day you check out with your precious newborn, Beauregard Memorial Hospital (BMH) is here to help you plan and prepare for an amazing experience.

**TOUR THE HOSPITAL AND TAKE A CLASS**

BMH offers hospital tours to help parents learn more about where they will deliver. Parking is available in the east parking lot near Washington Street. Look for the parking spaces marked "Expectant Mother Parking."

Prenatal and breastfeeding classes are also available. Please visit our website, [www.beauregard.org](http://www.beauregard.org), for a current list of classes offered.

For information about tours or to register for classes, call 337-462-7133. Phone lines are open 24 hours a day, seven days a week.

**REGISTER EARLY** We highly encourage you to register for your hospital stay as soon as possible. By completing the required paperwork ahead of time, you will have one less thing to worry about when your big day arrives.

Registration is available from 7 a.m. to 3:30 p.m., Monday through Friday, at the registration desk near Same Day Surgery.



**KEEP THESE NUMBERS HANDY**

- Women's Clinic of SWLA: 337-463-5582.
- BMH Labor and Delivery: 337-462-7133.
- BMH Nursery: 337-462-7281.

**CHOOSE A PEDIATRICIAN**

We recommend that you select a pediatrician or family practice physician before you come to the hospital for the birth of your baby. If you have not selected a physician prior to delivery or if your physician does not have privileges at BMH, the hospital's on-call pediatrician will provide care for your baby.

Visit [www.beauregard.org](http://www.beauregard.org) for a list of primary care providers.

**OUR EXPERT TEAM**



**David Jones, M.D., GYN**



**Jennifer McCann, M.D., OB-GYN**



**James Rudd Jr., M.D., OB-GYN**



**James Rudd Sr., M.D., OB-GYN**

**READ**

ALL ABOUT IT!

Stay informed with BMH's e-newsletters

Beauregard Memorial Hospital provides three e-newsletters: *Pregnancy*, *New Parent* and *Keeping Well*.



**PREGNANCY**

Expectant mothers and fathers can choose *Pregnancy*, our weekly e-newsletter that follows you through the various stages of pregnancy. It offers timely tips; articles; and practical, interactive tools that can help take some of the worry out of this time in your life.



**NEW PARENT**

This e-newsletter will help you with any questions you have regarding your child's development and issues you may experience along the way. *New Parent* e-newsletter provides information to parents of newborns and children up to 3 years of age. Once a month, you will receive timely information related to the growth of your new baby.

**TO SIGN UP** for an e-newsletter, you can go to our website at [www.beauregard.org](http://www.beauregard.org) and choose which newsletter you would like to receive.

**Beauregard Memorial Hospital offers free tours every day to expectant parents. For more information, call 337-462-7133.**



**AGING BRAINS**

# WHAT IS NORMAL?

*Some memory problems deserve medical attention. Others are solved by writing a to-do list.*

**“I’M HAVING A SENIOR MOMENT!”**

It’s something we may blurt out when we mislay the morning paper or forget why we stopped at the supermarket.

For some, it’s a laugh-it-away moment. For others, it sets off a quiet internal alarm: “Am I starting to lose my memory?”

Dementia and Alzheimer’s disease are fears, of course. But many momentary mental slips are common and normal.

**SUBTLE VS. SERIOUS** Everyday forgetfulness is annoying but not a cause for major concern. This includes occasional mental foggy about:

- Where you left your keys.
- Where you parked in the mega-store lot.
- The appointment time for a doctor’s visit.
- The name of someone who used to be your neighbor.
- The location of a coffee date you set yesterday.

Many of these are examples of episodic memory, which can decline as years march on. But they’re manageable.

More problematic—and worthy of professional medical attention—are memory problems that interfere with daily life.

These might include:

- Forgetting how to do familiar tasks, like unlocking a door, writing a check or finding the bank.



## Are your memory problems a concern?

If you need a doctor, go to [www.beauregard.org](http://www.beauregard.org) and click on the “Physicians” tab.

- Forgetting the name of someone near and dear.
- Not being able to learn new things.
- Asking the same questions over and over again.
- Becoming confused about time, people or places.
- Getting lost in places you know well.
- Not being able to follow directions.

If you’re concerned about your memory, talk with your doctor.

Brain diseases like dementia aren’t the only conditions that can affect how you think, learn and remember.

Memory problems can also be caused by things such as

depression; medication side effects; thyroid problems; too few vitamins and minerals; stress; and lack of sleep.

A thorough exam might provide some insight, answers and peace of mind.

**PROTECT WHAT YOU HAVE** Research is uncovering hints about what might help keep memory sharp or help people handle the small deficits that they do notice. You can’t go wrong by making these ideas priorities for the rest of your years:

**Socialize.** This can help improve your mood and memory.

**Move your body.** Blood flow to the brain naturally decreases over time, and the size of the brain actually decreases too. Exercise can help keep your blood circulating, which nourishes your brain.

**Eat well.** Eating more vegetables—especially leafy greens—and less saturated fat may benefit brain health. Eating fish rich in omega-3 fatty acids, such as tuna and salmon, also may help.

**Challenge your mind.** Some experts believe that intellectual pursuits—such as reading, learning a new skill, taking a class or playing games—can stimulate brain cells and the connections between cells.

**Organize your space.** Getting rid of clutter and giving everything—such as keys, glasses, purse and cellphone—its own place saves time and frustration.

**Focus, focus, focus.** Multitasking can be harder as we age, so try to focus on one important task at a time.

**Embrace memory aids.** These include keeping a to-do list and a calendar. Review both several times a day and you’ll be more confident about your state of mind.

Sources: American Psychological Association; National Institute on Aging

## Osteoarthritis: Tips for making your joints feel better

Learning you have osteoarthritis settled one question: Now you know the reason for your sore, stiff joints. But the diagnosis likely raised another key concern for you: How to get along with arthritis—and even thrive—despite aches and pains.

That’s often easier to accomplish when you make a plan for managing your symptoms. You might ask your doctor about:

**Medication.** Many types of medicines are available to help with arthritis pain and inflammation. These include over-the-counter pain relievers, such as acetaminophen for pain and nonsteroidal anti-inflammatory drugs (NSAIDs) for pain and swelling. Stronger NSAIDs are also available as prescription pills or skin creams.

**Exercise.** Just because you have arthritis doesn’t mean you can’t be active. In fact, with a regular dose of moderate activity—for instance, walking, swimming or cycling—your joints may actually move better and hurt less.

**Weight control.** Do you have a few pounds to shed? Excess weight puts extra stress on load-bearing hips and knees. The good news? Even a modest reduction may lessen the strain and pain. Ask your doctor what’s a healthy weight for you.

**Heat and cold therapy.** To help lessen pain and stiffness, you may want to try applying either a heating pad or a continuous heat wrap or a cold pack to your sore joints. Taking warm showers or baths may also help.



# MIND GAMES

*Give this brain health puzzle a try. You’ll have fun testing your know-how—and you may pick up a few tips too!*

**Answers:**  
 Down: 1. Treatments 5. Sleep  
 6. Fruits 8. Memory  
 4. Neurologist 7. Exercise  
 9. Alzheimer’s  
 Across: 2. Puzzles 3. Friends

### ACROSS

2. Exercise isn’t just for your body. To help keep your brain active, read, play games, do \_\_\_\_\_ (like crosswords!) and try new hobbies.
3. Staying social can help keep your brain sharp. Make time for \_\_\_\_\_ and family—it’s good for you!
4. A \_\_\_\_\_ is a type of doctor who specializes in treating the brain and spine.
7. Move your body to protect your brain. Regular \_\_\_\_\_ has been shown to increase brain function and improve mental health.
9. Though it’s the most common, \_\_\_\_\_ disease isn’t the only type of dementia.

### DOWN

1. Different types of dementia call for different \_\_\_\_\_, so it’s important to get an accurate diagnosis.
5. Getting enough \_\_\_\_\_ every night can help keep your brain healthy.
6. Eat a diet with plenty of \_\_\_\_\_ and veggies, whole grains, fish, and nuts.
8. Loss of \_\_\_\_\_ doesn’t always signal dementia. It can have other causes too.

## HEALTH TALK NEWS, VIEWS &amp; TIPS



**FRIENDLY FACES:** From left: Stasia Burroughs, Jim Buxton and Dustie Kulaga Waddell

## Get moving for better health

Take the first step at BMH Fitness Management Center

The Beauregard Memorial Hospital (BMH) Fitness Management Center is open to all members of the community and is located in the hospital's northeast wing of the third floor. The fitness center is available for use by all members, 24 hours a day, 7 days a week.

The fitness center is staffed with fitness professionals at certain hours and offers personal training. Members are encouraged to schedule an appointment with a fitness center associate/trainer to learn more about customized fitness programs.

**Meet our staff** The fitness center staff consists of experienced professionals who are committed to health and wellness.

**Stasia Burroughs** is an experienced certified athletic trainer and certified strength and conditioning specialist. Burroughs has a bachelor's degree in sports medicine/athletic training and a master's degree in exercise science.

**Jim Buxton** is a clinical exercise physiologist licensed by the Louisiana State Board of Medical Examiners. Buxton has a bachelor's degree in exercise science and has been working in the field for over 20 years.

**Dustie Kulaga Waddell** is a group fitness and spin class instructor certified with the National Exercise Trainers Association (NETA). Waddell has a bachelor's degree in health and human performance with a concentration in health promotion.

### Fitness center fees:

Monthly single membership	\$25
Monthly joint membership (two adults, same household)	\$40
Monthly family membership (two adults, plus child/children)	\$50
The fitness center does not require an initiation fee or membership contract.	

Join the BMH Fitness Management Center today. Call 337-462-7426.

## Heal at Vivid McCann Wellness & Aesthetics



Vivid McCann Wellness & Aesthetics is a full-service clinic offering patients an opportunity to sculpt, preserve and heal the body.

Jennifer McCann, M.D., is board-certified in obesity medicine by the American Board of Obesity Medicine and is a member of the American Society of Bariatric Physicians (ASBP). Dr. McCann is also board-certified in obstetrics and gynecology by the American College of Obstetrics and Gynecology.

Vivid is located at 206 W. 5th St. in DeRidder and offers weight-loss programs, aesthetics and Endermolift by Endermologie. For more information or to set up an appointment, call 337-463-5582. You can also visit the Vivid website at [www.vivid-wellness.com](http://www.vivid-wellness.com).



Jennifer McCann, M.D.



Present this coupon to the BMH Fitness Management Center staff and receive a

# FREE

**GENERAL FITNESS ASSESSMENT AND WORKOUT PLAN**

with membership. (\$40 value)

Call 337-462-7426 for more information.



## Autumn apple-cranberry crisp

Makes 8 servings.

### Ingredients

Canola oil spray  
 7 medium Granny Smith apples, peeled, cored and sliced  
 1 cup fresh cranberries  
 ¾ cup dark brown sugar, firmly packed  
 ½ cup old-fashioned rolled oats  
 ⅔ cup whole-wheat flour  
 ¼ cup pecans or walnuts, chopped  
 3 tablespoons butter, softened (or trans fat-free margarine)  
 Frozen low-fat vanilla yogurt (optional)

### Directions

- Preheat oven to 375 degrees.
- Lightly coat medium shallow baking dish with canola oil spray.
- Place apples and cranberries in dish and gently toss together.
- In medium bowl, combine brown sugar, oats, flour, nuts and butter.
- Sprinkle brown sugar mixture on top of fruit.
- Bake until apples and cranberries are bubbly and tender, about 50 minutes.
- Transfer dish to wire rack to cool slightly.
- Serve warm with frozen yogurt, if desired.

### Nutrition information

Amount per serving: 268 calories, 8g total fat (3g saturated fat), 50g carbohydrates, 2g protein, 4g dietary fiber, 9mg sodium.

Source: American Institute for Cancer Research

URGENT CARE



# IS IT URGENT—OR AN EMERGENCY?

**YOU'VE CUT YOUR THUMB** with a knife. It's bleeding, and a simple bandage won't do. You might even need stitches. Unfortunately, it's also Sunday afternoon, and you can't wait until Monday morning to call your doctor's office. What do you do?

Consider going to an urgent care center. These centers provide fast medical help for situations that are not life-threatening.

**When it's urgent** Urgent care centers are places where you can walk in without an appointment and be seen by a medical professional without having to wait very long. Urgent care offers a convenient alternative when your doctor's office is closed or when you can't get an appointment as

quickly as you need one.

According to the National Institutes of Health and other experts, urgent care is appropriate for minor illnesses and injuries, such as:

- Cuts and lacerations.
- Sprains and strains.
- Colds, fevers and the flu.
- Earaches.
- Rashes.
- Stomachaches, vomiting and diarrhea.
- Back pain.

**When it's an emergency** Urgent care is not emergency care—it shouldn't be used for life-threatening problems.

If you think you or someone else has a true emergency, call 911 or go to the nearest emergency department. Signs of an emergency include difficulty breathing, chest pain, fainting, severe vomiting or diarrhea, severe pain, and uncontrolled bleeding.

Also, urgent care should not be used for routine medical appointments. Neither urgent nor emergency care should be used in place of a primary care doctor.

## NEED FAST, CONVENIENT CARE?

**BEAUREGARD URGENT CARE CENTER** is available to help meet after-hours medical needs that are not emergencies. The Beauregard Urgent Care Center is staffed with board-certified family nurse practitioners, licensed practical nurses and support staff under the supervision of Medical Director Henry S. Carter, M.D.

The urgent care center is a convenient, walk-in health care service for when you need fast care for your family's nonemergencies. Beauregard Urgent Care Center provides services for bumps and bruises, sprains and strains, cuts and wounds, colds, the flu, stomach ailments, and other illnesses for people of all ages.



Eva Ullom, FNP-C

**Location** The urgent care center is located near Beauregard Memorial Hospital at 200 W. 5th St. in DeRidder.

**Hours** Hours of operation are Monday through Friday, 1 to 9 p.m., and Saturday through Sunday, 10 a.m. to 10 p.m.

**No appointment is necessary.** If you have any questions, please call 337-463-7700.

## 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.

**Call your doctor today or visit Beauregard Urgent Care Center for your vaccination.**

Source: Centers for Disease Control and Prevention

# WELLNESS

Our goal is to help you attain the very best state of health possible.

**Every decision, every day makes a difference!**

For more information, please "like" BMH Fitness Center's Facebook page.



We Treat You Like Family

HEALTH SCENE is published as a community service for the friends and patrons of BEAUREGARD MEMORIAL HOSPITAL, 600 S. Pine St., DeRidder, LA 70634 337-462-7100 www.beauregard.org

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FALL 2015