



# Outreach

Healthcare With Peace Of Mind™

2008



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happy new year



*At Ochsner, we're here for you, to help keep you on track in achieving your health goals. I sincerely wish you all a safe and healthy 2008.*

DEAR OCHSNER FRIENDS AND

*As we ring in 2008, this is the perfect time to take stock and consider a healthier lifestyle. Ochsner is setting some New Year's resolutions of its own to improve the health of our community and keep you on track.*

*In this edition of Outreach, we are offering tips on eating smarter. And, in honor of Valentine's Day, we'll help you give the best gift of all — a healthy heart. We'll also tell you how to cope with arthritis.*

*Ochsner's commitment to build a healthy community starts at home, with our 10,000 employees. In 2008, we're offering employees lower health insurance rates if they commit to a healthier lifestyle that includes annual physicals.*

*We're also setting an example by offering Ochsner SmartMeals — healthier, less expensive menu selections in our cafeterias and vending machines at our Jefferson Highway Campus.*

# GOING WITH

## Next generation treatment for CHF

Approximately five million Americans suffer from congestive heart failure (CHF), putting them at risk for fluid overload. Fluid overload can cause swollen limbs, fatigue and eventually life-threatening shortness of breath. That's why Ochsner is the first in Louisiana to adopt the Aquadex FlexFlow system, one of the most advanced ways to remove excess salt and water from fluid-overloaded patients.

The Aquadex FlexFlow system uses aquapheresis, a precise science of managing blood flow and setting fluid-removal rates. Doctors can specify the amount of fluid to be extracted from a patient's blood at a controlled rate like never before.

Aquadex can be brought right to the patient's bedside. The new technology can also be used to treat fluid overload caused by a variety of conditions, such as kidney or lung disease.

"We have found that the Aquadex system reduces the average length of a hospital visit and reduces readmission rates," says Dr. Hector Ventura, Section Head of Cardiomyopathy and Heart Transplant at Ochsner. "This all does a great deal for the patient's quality of life."

**"this all does a great deal for the patient's quality of life"**

**HECTOR VENTURA, M.D.**  
Section Head of Cardiomyopathy  
and Heart Transplant at Ochsner

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**CAN'T GET ENOUGH?**

Extended versions of many of the articles in Outreach are available at [www.ochsner.org](http://www.ochsner.org).

**CLICK IT**

A series of online videocasts is now playing at [www.ochsner.org](http://www.ochsner.org). Ochsner Healthlinks are 3–5 minute streaming videos showcasing the latest medical research and technology. New videocasts are added monthly.

**HOLLER BACK**

Any topics you would like to see covered in future issues of Outreach? Feedback on this issue? Send a note to [outreach@ochsner.org](mailto:outreach@ochsner.org).

## FAMILY,

Time and motivation are often the biggest obstacles to a healthy lifestyle, so we're initiating two programs to address them: On the Move Mobile Fitness Unit, where we're literally taking P.E. classes to local schools; and Elmwood Fitness Center's Biggest Loser Challenge, where motivation and support come from a team effort.



**PATRICK QUINLAN, M.D.**  
Chief Executive Officer, Ochsner Health System

## CLARITY AND ACCURACY



Ochsner is among the first in the country to get a clear picture of some of the smallest channels in the human body – the bile ducts leading to the liver and pancreas. Dr. Bob Etemad and Dr. Ramon Rivera are now using the SpyGlass™ Direct Visualization System to diagnose suspected malignancies, gallstones, blockages or cystic lesions. SpyGlass enhances endoscopic procedures by providing clear, real-time images through a fiber optic camera probe.

### LEARN MORE

Contact the Ochsner Department of Gastroenterology at 1-866-OCHSNER.

## GIVE BLOOD: GIVE LIFE

**“Every five seconds, someone needs blood,” says Dr. Bobby Rodwig, Medical Director of the Ochsner Health System Blood Bank.**

“We are reliant on volunteers in the community who are able to donate what is truly the gift of life.”

Few acts are as simple and generous as donating blood. Each pint can help save as many as three lives.

Recipients of the blood aren't the only beneficiaries. When you donate blood, you get a mini-physical, learn your blood type and your cholesterol level and earn a “Thank You” T-shirt.

**Be generous. Ochsner Blood Bank has six donation locations, plus hosts daily mobile blood drives. Call 1-866-OCHSNER for more information or to sponsor a blood drive.**



# THE FLOW

## HOW IT WORKS

- 1 Blood is withdrawn from a peripheral vein.
- 2 A simple pressure difference is used to selectively push elements of the blood through a hemofilter, forcing excess fluid out.
- 3 Filtered blood is returned to the patient through a peripheral vein.

### LEARN MORE

Aquapheresis is now available at Ochsner Medical Center – West Bank, Ochsner Medical Center – Kenner, and Ochsner Medical Center – New Orleans. For more information, call 1-866-OCHSNER.





# YOU'RE ALL HEART

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## *Stopping women's number one killer*

"Make no mistake. Heart disease is the number one killer of women in the United States," says Brad Hamilton, Ochsner's Director of Cardiology. "So many women think it's breast cancer, but it's not."

Hamilton says there have been great strides in recent years to educate women about the pending threats, but there are still those who have not yet accepted how serious it can be. Consider these facts:

- **WOMEN ARE TWICE AS LIKELY** to die from coronary heart disease as they are from all forms of cancer combined.
- **HEART ATTACKS** are the leading cause of death for American women.
- **WITHIN ONE YEAR**, 38 percent of women who have heart attacks will die. Only 25 percent of men will die.
- **WOMEN OVER THE AGE OF 55** are more likely to have elevated cholesterol than men.

## **KNOW THE WARNING SIGNS**

Ongoing research at Ochsner has found that the majority of women under 55 who have heart attacks don't recognize the warning signs. Dr. Carl "Chip" Lavie, Ochsner's Medical Director of Cardiac Rehabilitation, says most women will feel the classic grip of chest pains, but women are also more likely to experience less typical signs like jaw or shoulder pain, sweating, nausea, shortness of breath and fatigue.

"It can be very different from what we've always heard about with men," Dr. Lavie says. "Women should immediately





seek medical attention at the onset of these symptoms, just like men have been told to do.”

### PREVENTION MATTERS

At Ochsner, we’ve identified several factors that increase a woman’s risk for heart disease. Obviously, the more factors a woman has, the greater her risk. Unfortunately, there are a number of these factors that women can do nothing about, like growing older, family medical history, previous heart attacks or strokes, gender and race. Women can, however, modify their lives to keep tabs on the many other risk factors.

Dr. Patrick Breaux, a consulting cardiologist at the Ochsner Heart and Vascular Institute, says smoking is probably the most preventable cause of heart disease. High blood pressure and cholesterol are other factors that can be treated or controlled.

“You’re definitely going to want to control your weight and consider a diet low in saturated fats,” says Dr. Breaux. “Also, get active four or five times a week. These are really easy steps to stay healthy and are general measures I would recommend to anyone.”

#### TAKE HEART

The Ochsner Heart and Vascular Institute is a comprehensive cardiac and peripheral vascular care center. Call **1-866-OCHSNER** or visit **www.ochsner.org** for more information on the Institute.



### KNOW YOUR NUMBERS

# Q&A

“if high blood pressure is not treated, your heart will be forced to work harder, may enlarge or even weaken”

**RICHARD N. RE, M.D.**  
Scientific Director,  
Ochsner Medical Center

Ideal blood pressure:  
lower than 120/80



**Q** How can I reduce my risk of heart disease?

**A** High blood pressure and cholesterol are serious, but manageable, risk factors for heart disease. See your doctor to get checked and follow your doctor’s advice to keep these numbers where they should be.

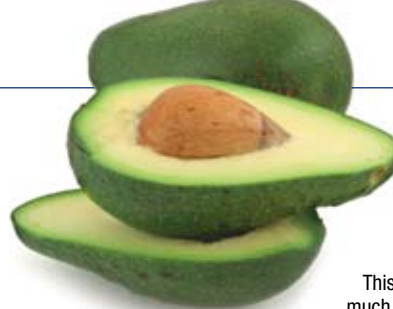
While medications are available to treat both high cholesterol and high blood pressure, lifestyle changes, including exercise and a healthy diet, may be all that are needed.

Losing even a little weight and following a low-sodium diet can lower blood pressure. To lower cholesterol, avoid saturated fats, which are often found in fried foods, baked goods, meats and dairy products.



MEET THE DOCTOR

**RICHARD MILANI, M.D., F.A.C.C.**  
Director of the Ochsner Heart and Vascular Institute



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**AVOCADO**

This green treat has as much fiber as whole wheat toast, with the added boost of vitamin C, vitamin B6 and folate (good for your heart).

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# POWERFUL EATS

## The top 10 nutritional foods

None of these goodies don a red cape or sport spandex pants, but they're called "superfoods" with good reason. While still a relatively new concept among nutrition buffs, the idea behind superfoods is simple. In fact, it's a healthy plan that dietitians around the world, and at Ochsner, have been pushing for years — long before it became a craze.

We're talking vitamins, minerals and antioxidants. These foods are nutritional powerhouses that have the ability to fight cancer, contain those ever-popular good fats and possess micronutrients that can even lower blood pressure. Super indeed, plus they're all good eats.

- 1 **PEANUT BUTTER** Thanks to monounsaturated and polyunsaturated fats, it combats diabetes and heart disease.
- 2 **AVOCADO** This green treat has as much fiber as whole wheat toast, with the added boost of vitamin C, vitamin B6 and folate (good for your heart).
- 3 **CHILI PEPPERS** The key ingredient in this popper is something called capsaicin, which helps with weight loss, powers up metabolism and even relieves sinus congestion.
- 4 **WATERMELON** With its cancer-fighting compound lycopene, this melon can ward off environmental pollutants, bad diet choices and possibly aging.
- 5 **WHOLE-GRAIN CEREAL** One bowl per day will stabilize your blood sugar. Plus, it's a good source of fiber, which keeps hunger away.
- 6 **BLUEBERRIES** When it comes to fruits and vegetables, you're not going to find another with more antioxidant super power. There's virtually no fat and each tiny berry is loaded with vitamin C and fiber. Consider this your immunity builder.
- 7 **APPLES** Each contains roughly 80 calories and no fat. The pectin in apples also helps lower cholesterol.
- 8 **SALMON** A Harvard Medical School study found that men who eat salmon three times a week were less likely to develop prostate cancer. The findings were endorsed by the National Cancer Institute.
- 9 **EGGS** Surprisingly enough, this food helps prevent heart and eye disease. They're also a great source of lutein, a powerful antioxidant.
- 10 **TURMERIC** This exotic spice helps ease arthritis and muscle pains. Plus, it contains cancer-fighting agents.



1

**PEANUT BUTTER**

Thanks to monounsaturated and polyunsaturated fats, it combats diabetes and heart disease.



3

**CHILI PEPPERS**

The key ingredient, capsaicin, helps with weight loss, powers up metabolism and even relieves sinus congestion.

**EAT RIGHT**

The Ochsner Division of Nutrition & Weight Management can help you learn to eat right, whether you need to manage a medical condition or just want to be more fit. To make an appointment, call 1-866-OCHSNER.

## STARTING TIME?

# Q&A



### MEET THE REGISTERED DIETITIANS

**EVE DANSEREAU HARMEYER, RANDI MCMILLAN,  
M.S., L.D.N., R.D. L.D.N., R.D.**

*Clinical Dietitians at Ochsner Medical Center*

#### Q *When is the best time to start a diet?*

A *There is never a perfect time to start a diet. Eating healthy can really be started at any time. In fact, starting a diet isn't something that necessarily needs to be planned. All a person needs to have is the desire to make some kind of change.*

*Gradual is the way to go, along with modest goals to track your progress. Support is out there in the way of groups, books and Internet sites like [www.mypyramid.gov](http://www.mypyramid.gov), but it's up to you to be proactive. Also, don't forget to incorporate some kind of exercise, no matter how little.*

*Most importantly, you may want to consult your physician or dietitian. Finally, just stick with the plan. We know you can do it!*

**THE FINE LINE**  
between success and failure can all be in the timing.



## SUPERFOOD SUPPER

### SOY GLAZED SALMON

Pair this flavorful salmon with salad and brown rice for a nutritious and delicious meal. Finish with fresh blueberries and yogurt for a super dessert.

### INGREDIENTS

- 2 cups low-sodium soy sauce
- ½ cup pineapple juice
- 1 tablespoon crushed red pepper flakes
- 1 tablespoon fresh ginger, chopped
- ½ tablespoon garlic, chopped
- 1 tablespoon green onion, chopped
- 2 tablespoons cornstarch
- 2 tablespoons water
- 4 4–6 ounce salmon fillets

- 1 Mix the soy sauce, pineapple juice, red pepper, ginger, garlic and green onion. Bring to a boil. Slowly stir in the cornstarch and water.
- 2 Place the salmon filets in a shallow dish and cover with the sauce. Allow the fish to marinate for 30 minutes.
- 3 Cover a baking sheet with foil. Place the fish on the foil and top with any remaining marinade. Broil for five to seven minutes.

**Nutrition facts per serving: 200 calories; 10g fat; 5g carbohydrates; 0g fiber; 20g protein**

**Serves 4**



### MEET THE CHEF

**MARK GILBERTI**  
*Executive Chef, Elmwood  
Fitness Center's Café Zucchini*



**GET COOKING!** Copies of Chef Marc Gilbert's cookbook, *Good Taste, Good Health*, are available for \$27.13. To purchase a copy, visit any Elmwood Fitness Center location or Ochsner Medical Center's Jefferson Hwy. Campus Gift Shop, or call Courtney Slagle at 504-733-1600. A portion of all proceeds go to the Fight Against Childhood Obesity.





MEET THE REGISTERED DIETITIAN

**MOLLY KIMBALL, R.D., C.S.S.D.**  
*Elmwood Fitness Center,  
a service of Ochsner*

# BELLY BASICS

## Healthy eating during your pregnancy

You're having a baby! Everyone's thrilled, including you. But you've worked hard getting into fabulous shape and now that is about to change. Remind yourself to be selfless and to embrace the changes — especially your new belly. Make sure you're eating as nutritiously as possible during this time.

**DON'T MISS OUT**  
on the amazing pregnancy  
experience. Relax and enjoy  
your changing body.

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### CALORIES

Daily calorie needs increase by 300 calories in the second and third trimesters. This is by no means “eating for two.” Three hundred calories translates into a turkey and cheese sandwich, or about eight whole grain crackers topped with peanut butter, with a glass of milk.

### PROTEINS

Sixty grams is the absolute minimum amount of protein you'll need. This should be easy to get from food — a chicken breast has at least 20 grams, a glass of milk 8, an egg 7.

### CARBOHYDRATES

It's recommended that pregnant women eat some carbs every three to four hours to keep a steady supply of glucose going to the developing fetus. It's especially important before exercise.

### VITAMINS AND MINERALS

A prenatal vitamin will cover your needs for most nutrients, such as iron (needed to prevent anemia) and folic acid (to prevent neural tube defects).

### CALCIUM

You'll need 1200–1500 milligrams of calcium daily — almost all of this extra calcium goes toward developing your baby's bones and teeth. Prenatal vitamins generally don't have enough, so take a calcium supplement if you don't get plenty of milk, yogurt or other calcium-fortified foods.

### FAT

Essential fatty acids are critical for the development of your baby. Eat more walnuts, flaxseed and salmon (all excellent omega-3 sources), and talk with your doctor about taking essential fatty acid supplements.

### FLUIDS

Aim for at least half your body weight in ounces of water daily (70 ounces for a 140-pound woman) to ward off dehydration and constipation.

### FIBER

Eating plenty of fiber-rich foods can help minimize constipation. Look for at least 3 grams of fiber per serving. You can also try adding a tablespoon or two of ground flaxseed to smoothies.

### CAFFEINE

Moderate caffeine intake during pregnancy may be safe for you and your baby. “Moderate” is defined as 300 milligrams of caffeine, or about three cups of coffee. Many women opt to omit caffeine altogether.

### ALCOHOL

Some physicians say moderate alcohol intake during pregnancy is okay, while others discourage taking even a single drink. Just remember that whatever you eat or drink goes to the baby.

## FOODS TO AVOID



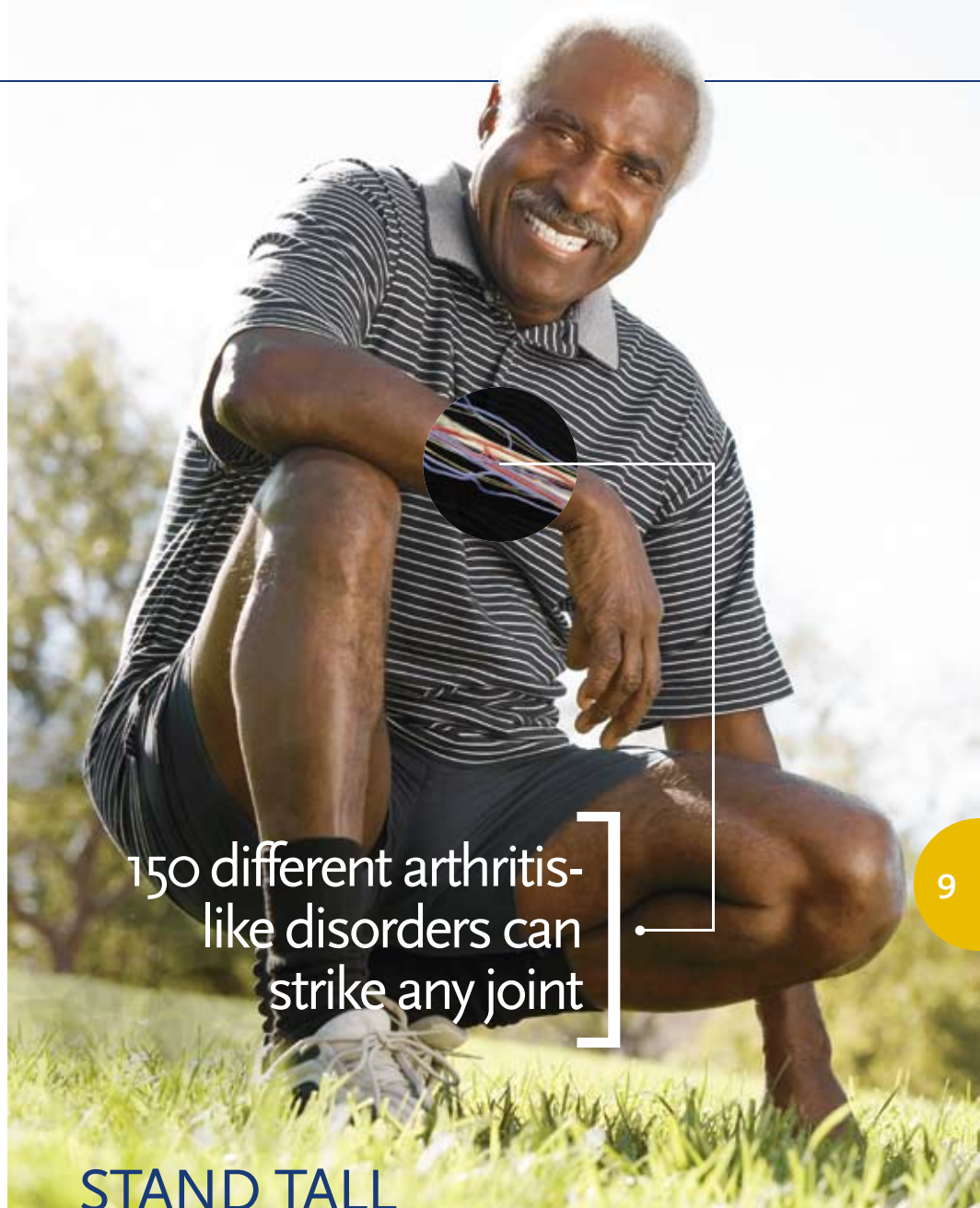
Some foods that may be unsafe should be avoided during pregnancy, because the effects can be doubly dangerous.



- **SOFT CHEESES**, such as brie, bleu, camembert, Roquefort, feta, gorgonzola or Mexican-style queso, can carry the potentially deadly bacteria *Listeria*.
- **COLD CUTS** and cold salads from fast food or deli shops can also be contaminated with *Listeria*.
- **FISH HIGH IN MERCURY**, including swordfish, shark, tilefish, king mackerel and marlin, should be avoided. Fish moderate in mercury, such as mahi mahi, orange roughy, sea bass, red snapper, flounder, bass, halibut, grouper, trout and fresh tuna, should be eaten no more than once a week.
- **EGGS WITH RUNNY YOLKS**, including those in traditional Caesar dressing, homemade ice cream, raw cookie dough and soufflé, can carry salmonella.

### EATING FOR

**TWO?** To learn more about eating right during pregnancy, or for a personal nutrition consultation, call Molly Kimball at 1-866-OCHSNER.



150 different arthritis-like disorders can strike any joint

## STAND TALL

### Recognizing the signs and symptoms of arthritis

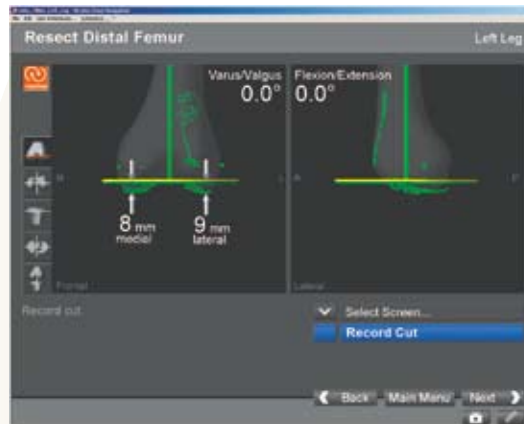
Roughly one in seven Americans, about 40 million in all, has some variation of arthritis. Additionally, the number is expected to increase as the baby boomer generation ages, culminating in more than 60 million cases by 2020, according to the National Arthritis Data Workgroup.

According to Dr. Leonard Serebro, a Senior Staff Rheumatologist at Ochsner Medical Center in New Orleans, arthritis symptoms most commonly occur in the hands, knees, hips, neck, back, shoulders and feet. The sooner you identify arthritis symptoms, the sooner you can start treatment, reducing the risk of permanent joint damage.

“You will generally feel pain and stiffness, and if inflammation is present, swelling and warmth of the overlying skin,” Dr. Serebro says. “But it’s not like a long car ride where you can walk off the stiffness after a minute or two. Arthritis pain persists and stays with you for much longer.”

Still, having arthritis doesn’t mean you can’t stay active and enjoy a pain-free life. The most widely used initial treatment is over-the-counter acetaminophen. Short-term rest can also help with acute pain. And exercise, focused on strengthening muscles around joints and improving flexibility, is essential for long-term management.

“While arthritis can certainly be a serious disease, it can also be treated efficiently,” says Dr. Robert Quinet, Head of the Rheumatology Department of Ochsner Medical Center in New Orleans. “People are having success with it every day.”



# GUIDING THE WAY

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**NAVIGATIONAL SURGERY** is changing the way some orthopedic procedures are done.

## *A better knee replacement surgery*

Computer chips, wireless instruments, infrared cameras, mechanical devices — surgeons at Ochsner Medical Center pride themselves on staying ahead of medical advancements. These days, that means robots and high-definition imaging and other futuristic tools of the trade. As such, it shouldn't come as a surprise that Ochsner was the first hospital in Baton Rouge to upgrade to, and utilize, the latest computer-generated navigation equipment to perform better knee replacement procedures.

It's called the Stryker Navigation System and it combines a computer loaded down with unique software, an infrared camera and special instruments to give the surgeon an unprecedented view of the patient's anatomy. Dr. Robert Moukarzel, one of Ochsner's top orthopedic surgeons, has performed more than 100 knee replacements since the system was implemented in November 2006.

### **LIKE GPS FOR YOUR JOINTS**

Harriet Lewis, 78, of Baton Rouge, was Dr. Moukarzel's first patient to undergo a total knee replacement using the Stryker system. "I had just been in pain for quite a few years and had gone through everything people could go through to improve and nothing helped," she said.

What Dr. Moukarzel has been able to do is nothing short of spectacular. He relates the system to a GPS device in that it allows the surgeon to see everything in real-time. Throughout the procedure, the computer analyzes and displays data on a monitor in the form of charts and graphs. The angles, lines and measurements provided allow the surgeon to accurately align the knee with the patient.





an estimated 300,000 knee replacements are performed each year in the United States

“The system shows you where to go and, in a sense, what to do,” Dr. Moukarzel says. “It’s truly amazing. This system is going to become a worldwide medical standard in the next few years, but we’re doing it all right now at Ochsner.”

#### BACK ON THE COURSE

Lewis was happy to try the new technology. “I just thought the newer the better. I seem to have gotten along a lot better than other people I know who had regular knee replacement,” she says. She’s given up her walker and cane and is back on the golf course, enjoying 18 holes every Sunday. “I’m an avid golfer,” she jokes. “I’m not a good golfer.”

Dr. Moukarzel anticipates using the system for hip replacements in the near future. Nationally, navigation surgery has also been used in neurosurgery, spine, ENT and trauma procedures.

“There’s no telling what other possibilities this technology holds,” says Dr. Moukarzel. “But whatever it is, we will find a way to use it to benefit our patients.”

#### GET THE LATEST

Learn more about the Stryker and other new technologies being pioneered at Ochsner. Call **1-866-OCHSNER** or visit [www.ochsner.org](http://www.ochsner.org).



## QUICK AND COMFORTABLE

# Q&A

**Q** *What are the benefits of using the surgical navigation system?*

**A** *The system shows great benefits for patients, such as reducing hospital stays, lessening post-operative complications and improving joint stability. It also eliminates the need for pre-operative X-rays or CT scans and, because it was constructed with comfort in mind, can be easily adjusted to each individual's body for a customized fit.*



MEET THE DOCTOR

**ROBERT MOUKARZEL, M.D.**  
*Orthopedic Surgeon at Ochsner Medical Center – Baton Rouge*



**DATE** Saturday, March 29, 2008  
**TIMES** 1 mile — 4:30 p.m.  
 5K — 5 p.m.  
 Party — 5:30–7:30 p.m.  
**LOCATION** River Road at Ochsner and the Levee  
**PRICE** \$20 through March 14  
 \$25 after March 14  
 \$15 Rhythm & Sole Party only



**PAST RUNS** have raised \$1 million for good causes.

# THE RUN

## 23rd Annual Ochsner Run

Lace up your sneakers and join us for the 23rd Annual Ochsner Run. This event, sponsored by Ochsner Health System and Owens and Minor, benefits Ochsner pediatrics, nursing education and Elmwood Fitness Center sports teams. Runners have a choice of a one mile or 5K event. After the run, the Rhythm & Sole Party begins with live music from The Topcats and food and beverages from New Orleans area restaurants. There's even a children's area featuring a Teddy Bear Clinic. **For more information or to register, call 504-842-7113.**

# TH



## UPCOMING EVENTS

**The Bayou Multiple Sclerosis Annual Health Fair** will be held May 10, 2008, from 9 a.m. to 2 p.m. at Ochsner Medical Center – Kenner. The fair is free and features the latest advances in the treatment of MS.

**Call 504-305-1780 for details.**



# THANKS

## OUT & ABOUT IN THE COMMUNITY

**OCTOBER 2007** Ochsner employees helped to rebuild St. Bernard Parish by working with Habitat for Humanity. Neil Di Giovanni, M.D., Stefanie Mauterer, Julie Franz, M.D., and Scott Sugar, M.D., were among the participants.

**OCTOBER 2007** Golden Opportunity (GO) members joined Ochsner Community Relations Specialist Angela Foster and a local guide on a tour of Egypt, visiting pyramids, the Cairo Museum and other sites.

**OCTOBER 2, 2007** Players for the New Orleans Saints visited with pediatric unit patients at Ochsner Medical Center – New Orleans. Brian Young, #66, presented an autographed photo to Blake Babin, 5 years old.

**NOVEMBER 3, 2007** Ochsner Medical Center – West Bank employees Juanita Haas, Myrna Smith, Pat Richard, Pam St. Pierre, Mike O'Bryan and Loretta Buisson participated in the Ochsner Jazz Walk of Fame to benefit Blue Knights of Algiers.

**DECEMBER 11, 2007** Children from Samuel J. Green Charter Elementary School entertained patients with Christmas carols and delivered holiday cards at Ochsner Baptist Medical Center.

## EVENTS AT OCHSNER

**Hello Health** is a weekly seminar series for the community featuring a discussion about a health topic and a meal at a local restaurant. The cost is \$15 and includes lunch or dinner. **Visit [www.ochsner.org/hellohealth](http://www.ochsner.org/hellohealth) or call 1-866-OCHSNER for upcoming topics and locations.**

**HELLO HEALTH**  
A WEEKLY SEMINAR SERIES FOR THE COMMUNITY



## GET GOING!



**LET'S GO** Call 504-842-7000 to join GO, to attend these or other events, or to learn about future events.

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*It's not about more years; it's about better years*

If you're 50 or better, Ochsner has a program just for you. Golden Opportunity (GO) is a membership program that promotes an active, healthy and independent lifestyle.

GO offers a broad array of wellness services, educational information, diagnostic screenings, social activities and travel opportunities to keep you on track for optimum health.

**PRICE** Membership is \$40 per couple or \$25 for singles. Annual renewal is only \$10.

**REGISTRATION** All GO activities are on a first-come, first-served basis. Register early.

**MORE THAN 10 EVENTS ARE OFFERED EACH MONTH —  
HERE'S WHAT'S HAPPENING IN MARCH AND APRIL:**

### MARCH

- 5 Line Dancing ☺
- 7 Lunch Bunch I at Flaming Torch Restaurant
- 12 Lunch Bunch II at Rib Room Restaurant
- 14 How to Be Handy at Home ☺
- 17 Beginning Computer Class
- 18 Breakfast with Angela
- 19 Are You Properly Taking Your Meds?
- 25 GO Spring Cooking Contest
- 27 Counting Calories Benefits ☺
- 28 Beginning Internet Computer Class
- 31 E-mail Computer Class Part II

### APRIL

- 4-8 Spring New York Theatre Trip
- 10 Ochsner Cancer Expo ☺
- 11 Lunch Bunch I at Melange Restaurant
- 12 Lunch Bunch II at Mr. B's Bistro Restaurant
- 21 Beginning Internet Computer Class
- 22 Breakfast with Angela
- 23 Line Dancing ☺
- 24 How to Achieve a New Look by Changing Your Eating Habits ☺
- 25 Microsoft Computer Class Part II

☺ GO HEALTHY WELLNESS PROGRAM EVENTS





PROGRAMS FOR LIVING WELL

**OCHSNER KENNER**

**The Ochsner Diabetes Management Program – Kenner** offers a year-long program that includes individual and group sessions and several follow-up visits. The center also offers gestational diabetes management and insulin training, plus diabetes training for the Medicaid patient. A Diabetes Support Group meets on the second Tuesday of every month. **Call 504-464-8646 for details.**

**ELMWOOD FITNESS CENTER**

**Weight No More** is a new comprehensive weight and lifestyle management program. Under the medical supervision of Dr. Matthew McQueen, the three-month program helps you lose weight and keep it off, while reaching an optimal level of fitness and developing healthy habits. A team of medical, fitness and nutrition experts will guide you to your health, fitness and weight goals. **Call 504-842-6152 for details.**

# BRAND NEW FACES

*Welcome new physicians*

Ochsner consistently attracts top physicians, from primary care providers to sub-specialists, to join our team. Below are new physicians who have joined our network of health centers and medical centers from October 16, 2007, through January 31, 2008.

**George F. Isa, M.D.** *Cardiology – Covington*

**Vicky S. Hebert, M.D.** *Emergency Medicine – Jefferson Hwy.*

**Chesley Hines, M.D.** *Gastroenterology – Ochsner Baptist Medical Center*

**Klaus F. Koelbel, M.D.** *Hospital Medicine – Jefferson Hwy.*

**Francisco J. Candal, M.D.** *Internal Medicine/Pulmonary Medicine – Slidell*

**Phillip V. Gordon, M.D.** *Neonatology (Section Head) – Jefferson Hwy.*

**Weihong Pan, M.D.** *Neurology – Baton Rouge*

**Johnny W. Swiger, M.D.** *OB/GYN – Mandeville/Covington*

**Vikram S. Parmar, M.D.** *Orthopedic Surgery – Baton Rouge*

**Carlos W. Scherer, III, M.D.** *Radiology – Baton Rouge*

**Humberto E. Bohorquez, M.D.** *Transplant Surgery – Jefferson Hwy.*

**Li Huang, M.D.** *Pathology – Jefferson Hwy.*

**Harold E. Sightler, M.D.** *Pathology – Jefferson Hwy.*

**Dmitriy M. Niyazov, M.D.** *Pediatrics/Genetics – Jefferson Hwy.*

**NEED A DOCTOR?**

Services are available through a network of Ochsner Health Centers and seven regional Medical Centers. To find a physician near you, please visit [www.ochsner.org](http://www.ochsner.org) or call **1-866-OCHSNER**.



## NEW AND IMPROVED

### OCHSNER KENNER

A new **Primary Care Satellite** is Kenner's second Ochsner Health Center, opened to better serve the needs of the community. The center provides the family and internal medicine services of Dr. James Tebbe, Dr. Carlos Ramirez and Dr. David Lanson. Se habla español.

**Ochsner Health Center – Kenner**

**200 W. Esplanade, Suite 210**

**Kenner**

**504-464-8588**

### OCHSNER WEST BANK

The **Pre-Operative Assessment Center** is a "one-stop-shop" for patients preparing for surgery. Get your nurse and anesthesia interviews, lab work, EKG and chest X-ray in one place, in one hour.

**Ochsner Medical Center – West Bank**

**2500 Belle Chasse Highway**

**Gretna**

**504-391-5600**

### OCHSNER BAPTIST

The new **Imaging Center** offers an array of testing, including X-ray, fluoroscopy, ultrasound, CT scan, MRI, nuclear medicine, cardiac and stress testing and mammography. **Now offering breast MRIs.**

**Ochsner Baptist Imaging Center**

**2820 Napoleon Avenue**

**New Orleans**

**504-894-2800**



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## PLANS FOR GOOD HEALTH

Ochsner Health System accepts many insurance plans. Coverage varies by location. Some of the major insurance companies we contract with are:

**Aetna Health Inc.**

**Blue Cross and Blue Shield of Louisiana**

**CIGNA HealthCare of Louisiana**

**Coventry HealthCare of Louisiana**

**Humana**

**UnitedHealthcare of Louisiana**



### **DOUBLE CHECK**

Check with your carrier  
or call **1-866-OCHSNER**  
to verify your coverage.



**NOVEMBER 14, 2007** Warner Thomas, President and COO of Ochsner Health System; April Brabham, RN, Director of Ancillary Services at Ochsner Baptist Medical Center; and Rob Wolterman, VP of Operations at Ochsner Baptist Medical Center, attended the ribbon cutting ceremony for the new Imaging Center.



**Ochsner Medical Center – Baton Rouge** celebrated becoming a wholly-owned Ochsner facility at a January 2, 2008, event. Mitch Wadsen, CEO of Ochsner's Baton Rouge Region, led the festivities featuring cake and giveaways. Two shifts of employees met with Wadsen to discuss what the change would mean for them.

**CANCER SUPPORT**

On June 12 and September 11, all three cancer support groups meet together, as one combined group.

**GENERAL CANCER SUPPORT GROUP**

**DATES** March 6  
April 3  
May 1  
June 12  
July 10  
August 7  
September 11

**TIME** 6–7:30 p.m.

**LOCATION** Ochsner Medical Center – New Orleans, Main Clinic: Cardiology Conference Room (3rd Floor)

**PROSTATE CANCER SUPPORT GROUP**

**DATES** March 13  
April 10  
May 8  
June 12  
July 17  
August 14  
September 11

**TIME** 6–7:30 p.m.

**LOCATION** Ochsner Medical Center – New Orleans, Main Clinic: Cardiology Conference Room (3rd Floor)

**BREAST CANCER SUPPORT GROUP**

**DATES** March 11  
April 8  
May 13  
June 12  
July 8  
August 12  
September 11

**TIME** 6–7:30 p.m.

**LOCATION** Tansy Breast Center: Resource Room (1st Floor)



**JOIN US** All support groups meet at Ochsner Medical Center – New Orleans and are open to the public. Parking is free. Questions? Call **504-842-4070**.

**WEIGHT LOSS**

*Surgery seminars and support*

Ochsner offers seminars to help you understand more about morbid obesity, weight reduction surgery and our Surgical Weight Loss Program. Our mission is to improve the health of the population we serve by providing medical and surgical weight loss options and helping patients achieve the highest quality of life possible. **Call 504-842-4070 to RSVP for the seminars.**

**WEIGHT LOSS SURGERY SEMINARS**

**DATES & TIMES**

<b>2–3:30 p.m.</b>	<b>5:30–7 p.m.</b>
February 26	February 7
March 25	March 13
April 22	April 10
May 27	May 15
June 24	June 12
July 22	July 10
August 26	August 14
September 23	September 11
October 28	October 9

**LOCATION** Brent House Conference Center: Caldwell Room (2nd floor)

**SURGICAL WEIGHT LOSS SUPPORT GROUP MEETINGS**

**DATES & TIMES**

<b>12–1 p.m.</b>	<b>5:30–6:30 p.m.</b>
February 19	February 19
April 15	March 18
July 15	April 15
October 21	May 20
November 18	June 17
December 16	August 19
	September 16
	October 21
	November 18
	December 16

**LOCATION** Brent House Conference Center: Caldwell Room (2nd floor)



Ochsner Health System  
1514 Jefferson Highway  
New Orleans, LA 70121

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