

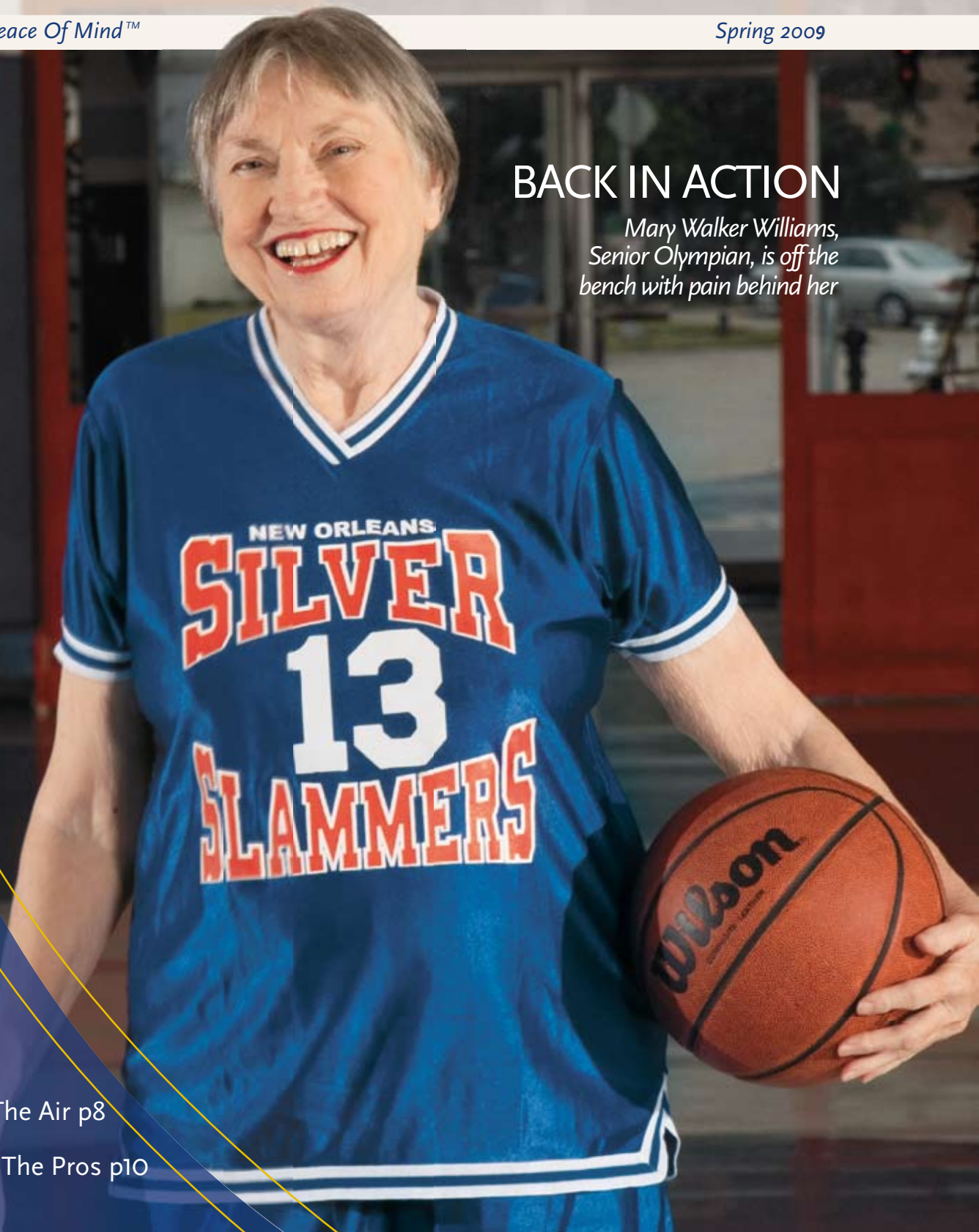
Outreach

Healthcare With Peace Of Mind™

Spring 2009

BACK IN ACTION

*Mary Walker Williams,
Senior Olympian, is off the
bench with pain behind her*



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your healthcare team



**DEAR OCHSNER
FRIENDS AND FAMILY,**

"Everywhere you need us," Ochsner has a team of professionals ready to coach you to health and wellness. The team approach we take helps us give our patients the best possible care by giving each patient the benefit of several points of view. When you see one Ochsner doctor, you get the expertise of a whole team of healthcare professionals. In this issue of Outreach, we share several stories demonstrating how this approach to healthcare benefits our patients.

In addition to fostering an atmosphere of cooperation within our system, Ochsner's

IN RHYTHM

Expanded electrophysiology services keep the beat

The human heart beats 100,000 times a day – 2.5 billion heartbeats in an average lifetime. It adjusts its rate with precision, moment by moment. But sometimes, the heart doesn't maintain the rhythm it should, causing arrhythmias in which the heart beats too fast, too slow or at an irregular pace.

The newly expanded section of cardiac electrophysiology at Ochsner can help get hearts beating like they should. In the past year, the section has more than doubled its physician staff – from two to five. Ochsner now boasts the largest section of electrophysiology in the Gulf South, and as a result is able to provide comprehensive treatment of cardiac rhythm disorders.

"Electrophysiology is a broad specialty," explains Daniel Morin, M.D., M.P.H., Cardiac Electrophysiologist and Director of Electrophysiology Research at Ochsner Health System. "We offer a wide variety of acute and long-term therapies, and our procedures vary from simple to complex."



TREATMENT OPTIONS

Drug treatment is often the first-line treatment for arrhythmias. When drug treatment fails, the advanced treatment options offered at Ochsner can be a lifesaver. Treatment options include the following:

- **PACEMAKERS** are implanted permanently into the body to monitor and correct heart rhythms that are too slow.
- **IMPLANTABLE CARDIAC DEFIBRILLATORS** monitor heart rhythm and deliver shocks if dangerously fast rhythms are detected.
- **CATHETER ABLATION**, a minimally invasive procedure, can cure abnormal heart rhythms by finding short circuits in the heart's electrical system and removing them by cauterizing specific locations within the heart.

commitment to teamwork extends to partnerships with local sports organizations. We sponsor professional teams including the Hornets (NBA) and Saints (NFL) and college sports including Louisiana State University and University of New Orleans. We also provide sports medicine services for Loyola, Xavier and high school teams all over the region.

We hope that you will choose Ochsner to be your healthcare team.



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



TEAM PLAYER Tyson Chandler, New Orleans Hornets center, shares training tips on page 10.

KEEP THE BEAT

Ochsner's five electrophysiologists see patients at several locations throughout southeast Louisiana. Call **1-888-382-4922** for more information.



"There is no other center in the region that can provide the services that we do. We're about to break ground on three new state-of-the-art electrophysiology laboratories."

DANIEL MORIN, M.D., M.P.H.
Cardiac Electrophysiologist,
Ochsner Health System

BREATHE IT IN

Every part of your body relies on the oxygen you breathe. So it should come as no surprise that this vital element has healing powers when its level is highly increased in a hyperbaric chamber. Increased atmospheric pressure in the chamber, combined with 100 percent pure oxygen, dissolves oxygen into all body tissues and fluids at up to 20 times the normal concentration.

Hyperbaric oxygen treatment is proven effective for wound healing and recovery from carbon monoxide poisoning, and is being studied for other uses.

Treatments last about 90 minutes, during which the patient can nap, watch TV or chat with family members through an intercom. Several treatments — as many as 15–30 — are usually needed.

Hyperbaric oxygen therapy is available at Ochsner Medical Center – Kenner. Call 1-888-703-0844 for more information or visit ochsner.org, keyword: hyperbarics.

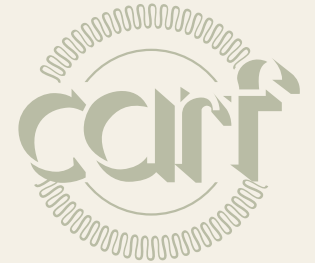
STROKE OF GENIUS

Rehabilitation program recognized for excellence

"Many studies have shown that the earlier stroke patients are provided a comprehensive inpatient rehabilitation program, the better the outcomes tend to be," says Dr. Michael Saucier, Chair of the Department of Physical Rehabilitation and Occupational Medicine, and Medical Director of the Inpatient Rehabilitation Program at Ochsner Health System. The 150 stroke patients who participated in the Ochsner Inpatient Rehabilitation Program in 2008 know that the intensive Stroke Rehabilitation program can help restore the functioning and independence their strokes robbed from them, but what they may not know is how unique the program is.

"Our stroke patients are beneficiaries of a very well-designed, comprehensive team approach to their care, which maximizes communication among team members," says Dr. Saucier. "In addition, we use innovative computer technology to address problems with speech, impaired cognition and other problems."

This approach was recently recognized by the Commission on Accreditation of Rehabilitation Facilities (CARF), which accredited both Ochsner's general rehabilitation and stroke rehabilitation programs. CARF rigorously evaluates rehabilitation programs and awards accreditation to the best programs.



For further information about the Inpatient Rehab Stroke Program, contact Windie Muller, Rehab Physician Liaison, at 1-888-682-4997.

“After having the X-Stop procedure, I’m back to playing like a wild woman.”

MARY WALKER WILLIAMS
Senior Olympian

GAME PLAN

New back surgery gets 76-year-old athlete off the bench

Like many Americans with back pain, Mary Walker Williams was frustrated when pain interfered with activities she enjoyed, such as playing competitive league volleyball and basketball, and engaging in recreational sports. Unlike most competitive athletes, Mary is 76 years old and has no plans to curtail her activities because of back pain.

In 1996, Mary was diagnosed with spinal stenosis, a narrowing and compression of the vertebrae (the bones of the spine) and abnormal thickening of the ligaments that puts pressure on nerves that emerge from the spine. “Lumbar spinal stenosis can cause debilitating pain and reduced mobility,” says Dr. C.J. Bui, Neurosurgeon with Ochsner Spine Services in New Orleans on Jefferson Highway. “Unfortunately, lumbar stenosis does not always respond well to most conservative or non-surgical treatments such as physical therapy, medications and/or injections.”



DID YOU KNOW?

It's been estimated that up to 500,000 Americans have symptoms of spinal stenosis, and it's one of the most common spinal disorders in people over 60.

WHAT'S NEW IN PAIN MANAGEMENT?

Once you've healed from a wound or injury, the pain usually disappears. But if it doesn't, chronic pain can bring on other problems, such as reliance on pain medications. Fortunately, new pain therapies are available that don't involve drugs. "These new therapies can help patients heal and reduce their dependency on pain medications," says Dr. Tarun Jolly, Clinical Director of Pain Management at Ochsner Baptist Medical Center.

Ochsner is relieving pain with new procedures, including:

- **VERTEBROPLASTY/ KYPHOPLASTY** involves injecting biocompatible cement into fractured spine bones.
- **SPINAL CORD STIMULATION** is like a "pacemaker for the back," used for severe, chronic pain that's non-responsive to other treatments.
- **RADIOFREQUENCY ABLATION** uses heat to eradicate pain-causing nerves.

"If you've been in pain longer than four weeks without a cause such as surgery, or if you're living with pain and it's been over a year since you've seen a pain doctor, it may be beneficial to schedule a visit," advises Dr. Jolly.

● **For more information on Pain Management or to send a referral, call 1-866-579-9099.**



FINDING NEW TREATMENTS

Mary found that physical therapy and injections only provided minimal relief, so when she began seeing Dr. Bui, he suggested a new, minimally invasive surgical treatment — placement of an interspinous spacer called the X-Stop. "I had been dealing with this for so long, I was ready for surgery," recalls Mary. "When I learned about the X-Stop procedure, I decided it was a good idea."

"The X-Stop, or an interspinous process spacer, is specifically designed for lumbar stenosis," explains Dr. Bui. "Conventional surgical treatments for this disorder require extensive open surgery that removes a fair amount of bone and ligaments from the spine. The X-Stop opens up these spaces naturally, with little or no bone removal. This allows for a smaller incision, less blood loss, less operative time, minimal post-operative pain and a shorter hospital stay — usually one night."

At Ochsner, the current success rate, measured by the percentage of patients experiencing good symptomatic relief with this procedure, is considerably higher than the national and international average.

The X-Stop procedure is only one of many advanced spinal procedures being done at Ochsner. "We perform many other microsurgical or minimally invasive procedures that no longer require large incisions or long hospitalizations," says Dr. Bui. "The spine team at Ochsner has the expertise to perform complex operations for trauma, scoliosis, tumors, infections and advanced degenerative disease. We have the resources and staffing to provide comprehensive spine care for patients of all age groups — from the very young to the very young at heart, like Mary."

PLAYING WITH JOY AND ABANDON

Mary had the X-Stop procedure in May 2008. She spent only one night in the hospital, and within a few weeks she was walking everywhere. "By September, I was back playing basketball and volleyball several times a week," says Mary. "I've since competed in the state volleyball Olympics."

Mary says she always carries a pamphlet about the X-Stop procedure. "People have seen me 'play through pain' for years," she explains. "Now when they see me playing with such joy and abandon, they want to know what I've done. I'm back to playing like a wild woman."

WE BACK YOU UP
Ochsner Spine Services has the expertise to treat a wide range of spine disorders for patients of all ages. For more information, call **1-888-306-8562** or visit **ochsner.org**, keyword: **spine**.

BACK IN ACTION

Ochsner Health System, building on its long tradition of quality spine care, recently established Ochsner Spine Services. Spine Services is committed to becoming a nationally and internationally recognized center of excellence, with seven full-time neurosurgical and orthopedic spine surgeons who:

- Use the latest techniques and technologies to provide comprehensive spine care to patients of all age groups
- Collaborate with pain management and rehabilitation services to provide non-surgical treatment options
- Train future physicians
- Conduct clinical and scientific research

The surgeons offering their expertise are Doctors C.J. Bui, Richard Frisch, Jon P. Kimball, Roger Smith, 'Wale A.R. Sulaiman, Fred Warren and Joseph M. Zavatsky.

“I knew it was very important to find the right doctor and hospital that had the experience and capabilities to handle quadruplets.”

ALICIA MURPHY
mother of quadruplets



OH BABY!

6

Experience and expertise assist complex pregnancies

When New Orleans residents Alicia and Mat Murphy first learned they were expecting after several years of trying, they were thrilled. But when a series of early ultrasounds showed two, then three, then four babies on the way, joy turned to shock and then focus as the expectant parents looked for a hospital with the resources and experience to help them deliver four healthy babies.

“We wanted a doctor and hospital that would really understand and could handle our specialized needs from prenatal care through our babies’ birth,” recalls Alicia. They found that expertise at Ochsner Medical Center in New Orleans on Jefferson Highway.

COMPLETE CARE, RIGHT HERE

Ochsner Medical Center welcomes nearly 2,000 babies every year, including many born prematurely, many multiples, and many where either mom or baby has a medical challenge. “While most pregnancies go well, up to 15 percent of women may need to consult a maternal-fetal medicine specialist at some time,” says Dr. Alfred Robichaux, III, Chairman, Department of Obstetrics and Gynecology and Section Head, Maternal Fetal Medicine. “And at Ochsner, we’re equipped for anything. Any kind of specialist, technology or resource we could ever need is immediately available.”

“We have everything that could be needed from a maternal, fetal or neonatal perspective – right here under one roof and just a floor or two away,” concurs Dr. Sherri Longo, Maternal-Fetal Medicine Specialist in the Department of Obstetrics and Gynecology and Alicia’s primary obstetrician throughout her pregnancy and delivery.

DELAYING PREMATURE DELIVERIES

Multiple birth pregnancies mean a higher risk of premature birth and low birth weight. Alicia was determined to do all she could to give her babies the healthiest start on life. Prenatal care with Dr. Longo’s team, healthy eating and limited activity late in the pregnancy helped delay labor until 32 weeks, compared to an average gestation of 29 weeks for quadruplets. Molly, Margaret, Carolyn and Elizabeth were born by cesarean section on December 4, 2007, weighing in between 3 lb., 7 oz. and 4 lb., 4 oz. They were healthy enough to leave the NICU and go home within three weeks after birth.

Now a year old, the Murphy quads have caught up developmentally to their peers. “They’re chattering away, standing and beginning to walk,” says their proud mom. “We call the girls our ‘super-babies.’”



ONE DAY, THREE MOMS, TEN BABIES.

December 4, 2007, was a busy day in the delivery rooms at Ochsner Medical Center in New Orleans on Jefferson Highway. Within 24 hours, doctors and nurses welcomed the Murphy quadruplets plus two sets of triplets – in addition to the twins and single babies born on a “typical” day.

SPECIAL DELIVERIES

Factors that raise the risk of complications for the mother or the baby include:

- **THE MOTHER** may have pre-existing medical conditions, or develop gestational diabetes, high blood pressure or placenta problems during pregnancy. These conditions can be managed by the right specialists, working together to result in the best outcomes possible.
- **THE PREGNANCY** may be high risk because the mother is carrying multiples or has a history of miscarriages. When this is the case, the mother will be closely monitored by a multi-disciplinary team of Ochsner physicians and medical professionals that is brought in as needed. Or, the mother may begin labor prematurely, so interventions will be used to attempt to delay birth until it is safe for the baby.
- **THE BABY** may be suspected of having a birth defect based on routine tests. Cutting edge testing such as 4D ultrasounds and fetal MRIs can rule out or confirm a diagnosis. If there is a problem with the fetus, some conditions can be treated in utero, or a team of specialists can be assembled to attend the birth so the baby can be treated immediately.

DID YOU KNOW?

Ochsner Medical Center recently opened a brand-new Mother-Baby Unit, offering state-of-the-art care and comfort with beautiful views of the Mississippi River. We've recently renovated our Labor, Delivery, Recovery and Antepartum floor. Our Level IIIC NICU is expanding from 36 to 42 beds.

EXPECTING MORE? Call **1-888-373-0102** to learn more about high-risk maternity and neonatal services or visit **ochsner.org/pregnancy**. Be on the lookout for our new pregnancy spot on TV!

WHAT'S BEST FOR BABY

Ochsner Medical Center's Neonatal Intensive Care Unit (NICU) has a Level IIIC designation – the highest rating possible. As a regional center, we receive babies born not just at Ochsner, but from all over the Gulf Coast region. Board-certified neonatologists direct the care of these fragile patients with a wide variety of pediatric subspecialties available to assist.

“The vast majority of the babies admitted to the NICU are there because they were born prematurely,” says Dr. Harley Ginsberg, Medical Director of the NICU. “When the mother has received good prenatal care and appropriate testing, we are better prepared at the time the baby is delivered.”

New technologies are regularly being adopted in Ochsner's NICU, such as high-frequency jet ventilation and ECMO (heart-lung bypass), which give critically ill newborns their best opportunity for healthy development. Ochsner is also the first medical center in Louisiana to use innovative hypothermia therapy for newborns to protect brain cells by cooling the body for a limited time period.



KANGAROO CARE
Alicia was encouraged to have skin-to-skin contact with her babies in the NICU, providing bonding opportunities and health benefits to the babies.

“If you have continuing symptoms, if your symptoms are more than just seasonal or they are progressing, seek answers from an allergist.”

MAXCIE SIKORA, M.D.
Allergist, Ochsner Health System

SPRING IS IN THE AIR

Coping with springtime allergies

It's finally spring! Too bad you're feeling miserable. Is it allergies, a cold or something else?

Outdoor spring allergens are plentiful and cause a host of symptoms that mimic everyday colds and viruses. The most common symptoms are sneezing, itchy or watery eyes, runny nose, coughing, dull headache, throat clearing and even itchy skin. In some cases, uncontrolled spring allergies (often called hay fever) can trigger asthma-like symptoms, with narrowing airways and wheezing.

W. Edward Davis III, M.D., M.B.A., M.M.M., Chairman, Department of Allergy at Ochsner Health System, says, “Although it can sometimes be difficult to know if symptoms are caused by allergies or a virus, remember that a virus typically only lasts a couple of days.”

Dr. Maxcie Sikora, Allergist at Ochsner Health System, concurs, adding that unlike the flu, one of the symptoms you won't find with spring allergies is fever.

“There are plenty of over-the-counter options for self-treatment, like antihistamines and decongestants. Non-sedative antihistamines like Zyrtec® and Claritin® are helpful,” says Dr. Davis. However, prolonged misery warrants a trip to an allergist.

An allergist will start by discussing your symptoms and may suggest skin or blood tests to determine the specific allergen (or allergens) causing them. Treatment can consist of over-the-counter or prescription medicines, such as nasal sprays or allergy shots when appropriate.

“Allergies are easily diagnosed and treated,” says Dr. Davis. “There's no reason for people to stay home and be miserable.”

STOP THAT

SNEEZE To find an allergist, call the location nearest you or, use the “Find a Doctor” feature on ochsner.org. To check on today's pollen counts, visit ochsner.org/allergy.



WHERE TO SEE AN OCHSNER ALLERGIST

Ochsner Baptist Medical Center
Ochsner Medical Center for Children
Ochsner Health Center – Kenner
Ochsner Children's Health Center – Destrehan
Ochsner Children's Health Center – Metairie
Ochsner Health Center – Slidell
Ochsner Health Center – Covington

To make an appointment at any of the above locations, call 1-888-576-5339.

Ochsner Health Center – Bluebonnet
To make an appointment at Bluebonnet, call 1-888-311-4614.



WHEN IT IS AN EMERGENCY

How to be a savvy healthcare consumer in the ER

When you have a medical emergency, your immediate medical needs are the first thing on your mind. However, being a savvy healthcare consumer can make your Emergency Room (ER) visit much smoother. For example, learn the difference between a true emergency and a problem that your primary care physician can treat. And when time is critical, don't drive to the hospital — call 911 so paramedics can start treatment before you get to the ER.

When you do go to the ER, bring someone with you, recommends Dr. Herbert Muncie, Emergency Medicine physician at Ochsner St. Anne General Hospital. "In an emergency situation, you may not be able to communicate as well, and a friend or relative can be a great support." Dr. Muncie also recommends the following:

- **TAKE ALL YOUR MEDICINE(S)** — or a list of them — with you. You can download a free wallet-size medication card at ochsner.org/emergency to help organize this information.
- **KNOW WHAT CHRONIC DISEASE(S) YOU HAVE** — high blood pressure, diabetes, etc.
- **BRING YOUR PRIMARY CARE PHYSICIAN'S NAME** and phone number.

Dr. Erik Sundell, Associate Chairman of Emergency Medicine at Ochsner Medical Center in New Orleans on Jefferson Highway, offers another recommendation. "Be open and honest with the ER physician about your needs and expectations," he explains. "If you're just not sure about your symptoms, or if you feel you need admission to the hospital, share that with your doctor. He or she can help you sort through your options."

Ochsner Health System operates six emergency rooms, including the recently-opened ER at Ochsner Baptist Medical Center and the newly-renovated ER at Ochsner Medical Center — Kenner. These new and renovated ERs incorporate many improvements, such as computer updates to improve patient tracking and automated systems to order tests and medications. The changes allow physicians to examine more patients, reduce wait times and still deliver quality patient care.

In addition to shorter wait times, you may notice changes in the new ERs. "Although emergency patients need a physician, a nurse and a room in which to be examined, they don't always need to stay in that room their whole visit," says Jim House, R.N., CEN, Director of Emergency Services at Ochsner Medical Center — Kenner. "To decrease wait times and to expedite patient care, we can now transfer stable patients to a newly-renovated sub wait test holding area. This quickly opens up exam rooms for other patients while comfortably accommodating those patients waiting for test results."

"Remember that Ochsner's ERs are always available to serve you," says Dr. Sundell. "We are open every minute of the year, and we don't turn people away."

TRIAGE Call **1-866-OCHSNER** to speak with an Ochsner On Call nurse. At ochsner.org/emergency, you can find an ER near you and download Ochsner's "Guide to Emergency Care."



RIBBON CUTTING
Paolo Zambito, CEO, Ochsner Medical Center – Kenner, Edmond Muniz, City of Kenner Mayor, Michele Branigan, City of Kenner Councilwoman at Large, Division A, and Ben Zahn, City of Kenner Councilman, District 3, cut the ribbon to open the renovated ER.

OUR NEW ERS

OCHSNER MEDICAL CENTER – KENNER

The Emergency Room at Ochsner Medical Center – Kenner features service upgrades, layout changes and other renovations that decrease waiting times for patients in non-critical condition. With the development of the "Q-track" for non-critical cases, patients can often see a physician within 30 minutes.

180 West Esplanade Ave.
Kenner, La., 70065
1-866-798-7578

OCHSNER BAPTIST MEDICAL CENTER

A full-service Emergency Room opened this January at Ochsner Baptist Medical Center. This marked the return of emergency services to the campus after Hurricane Katrina. The new facility will provide residents of Uptown, Downtown, the French Quarter, Lakeview, Chalmette and other surrounding areas with more convenient access to quality emergency care.

2700 Napoleon Ave.
New Orleans, La., 70115
1-866-796-6331



GRAND OPENING Among those at the Ochsner Baptist ER ribbon cutting were Robert Wolterman, CEO, Ochsner Baptist Medical Center, Warner Thomas, Ochsner Health System President and COO, Dr. Patrick Quinlan, CEO, Ochsner Health System, Dr. Joe Guarisco, Chief of Emergency Services, Ochsner Health System, and Cheryl Gray, State Senator.

DID YOU KNOW?

Ochsner Health System is the official and exclusive healthcare provider to the New Orleans Hornets and the exclusive and official healthcare sponsor of LSU athletics.



TRAINING LIKE THE PROS

1

10



Workout tips for the amateur athlete and reluctant exerciser

You may not think your workouts have much in common with elite athletes. But no matter what your level of fitness — whether you’ve just resolved to make going to the gym a habit, you participate in a social sports league or you’re training for a triathlon — the pros have some good advice that can improve your game.

1. SET REALISTIC AND SPECIFIC GOALS

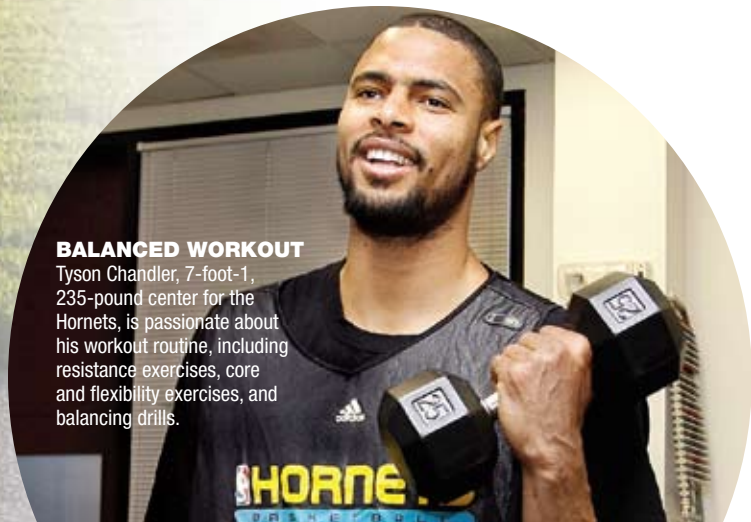
The first step is to set personal goals, based on your current fitness level and what you want to achieve. Maybe you want to look better for your high school reunion or you want to have the stamina to get through a touch football game.

“Set your goals with a realistic time frame,” advises Shelly Mullenix, M.S., ATC, Senior Associate Athletic Trainer at Louisiana State University (LSU). “For example, you can’t train for a marathon in a month. Establish attainable goals, or you’ll risk failure and injury.”

Jack Manson, Strength Coach for the New Orleans Hornets, also advises to start where you’re comfortable. “If you’ve never lifted weights, don’t try to immediately lift like all the other guys in the gym,” Manson says. “Develop a routine around your own goals.”

BALANCED WORKOUT

Tyson Chandler, 7-foot-1, 235-pound center for the Hornets, is passionate about his workout routine, including resistance exercises, core and flexibility exercises, and balancing drills.





-2-3

KICK-START YOUR METABOLISM

Q&A

Q Is it OK to skip breakfast to help lose weight?

A One of the most common mistakes people make when they're trying to lose weight is eliminating breakfast. It's tempting to think you can cut out some calories, sleep longer or replace food with coffee. But this is actually counterproductive to weight loss.

Human metabolism is like a switch, and eating is one thing that turns it on. Skipping meals actually slows down metabolism. Your body "holds on" to calories when food doesn't come regularly.

Eat four to six small, healthy meals a day, in addition to exercising. This helps you turn on your metabolism, burn calories and lose weight. By adding a healthy breakfast back into your day, you are telling your body that it's OK to burn calories.



MEET THE TRAINER

SHELLY MULLENIX, M.S., ATC
Senior Associate Athletic Trainer at LSU

2. STAY "IN" SEASON ALL YEAR LONG

It's human nature to procrastinate and slack off training when you're "out" of season. But athletes at any level benefit from keeping up the good habits.

"Thinking of 'in season' and 'out of season,' is a big obstacle to reaching your goals," says Mullenix. "Don't time your workouts for the big race or your wedding or swimsuit season. The lifelong pursuit of wellness is a better strategy."

After the Hornets' 2008 season, center Tyson Chandler's plans for playing in the Beijing Olympics were sidelined by a toe injury. However, he quickly refocused on conditioning for the next season. "It's important to get a lot of work in during the off-season," he says. "You don't necessarily have time to work on things during the season like you do in the summer."

3. PRACTICE THE BASICS

Elite athletes never forget to consistently practice the basics. This lesson applies to healthy lifestyle choices, too. For example, Chandler makes smart decisions in the kitchen, sticking to a strict diet. "Having a diet is definitely an essential part of the training process," the eight-year NBA veteran says. "I have a diet I stick to, where I make sure I'm taking in a certain amount of calories each day."

"Consistency is also a big hurdle for many people," says Manson. "But if you find a time and place to work out that fits your schedule, and commit to exercise three to five times a week, you'll see progress very quickly."



GET FIT For more info on getting a personal trainer or a membership, call Elmwood Fitness Center at **1-888-314-8997**, or if you have a sports or training related injury, call Ochsner's Sports Medicine Department at **1-888-297-2236**.



ON THE SCENE
In addition to training, Shelly Mullenix helps athletes overcome injuries, such as this football player's sore ankle.



“The path is a great way to get some exercise in a peaceful setting.”

MITCH WADSEN
CEO, Ochsner Medical Center
– BatonRouge

PATH TO WELLNESS

Ochsner Medical Center – Baton Rouge has added more fitness opportunities to its wellness path. The quarter-mile walking path around tree-lined Lake Moehler now includes eight new fitness stations, with activities such as pull-ups and crunches. Six new benches were also installed for people seeking relaxation outdoors. The path is open to the public every day during daylight hours. “Four times around the path is a mile,” says Mitch Wadsen, CEO of Ochsner Medical Center – Baton Rouge. “It’s nice to see so many people using it — patients, staff and visitors.”

GOLDEN YEARS

Golden Opportunity keeps seniors active

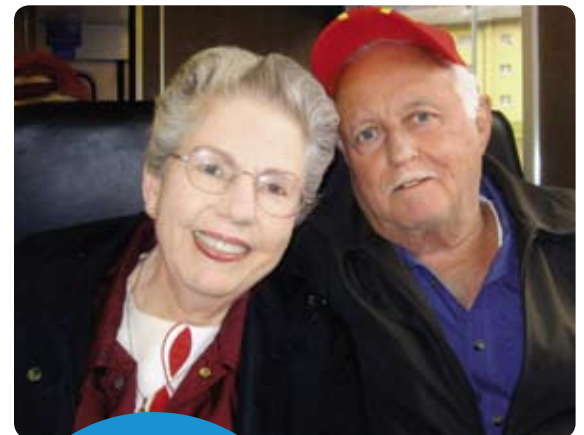
Marrero resident Hilda Orgeron, 70, is taking aging in stride. In October 2008, she and her husband, Clarence, spent 15 days traveling and walking across five countries in Europe. She’s also learning Spanish, planning parties and participating in fashion shows. She does it all through Golden Opportunity (GO).

An Ochsner program for seniors, GO provides an array of services to keep older adults active, engaged and healthy. “The program is geared toward health, wellness and fun,” says Orgeron. “It gives you things to look forward to, things to do and things to enjoy, which we all need.”

GO also offers wellness services, educational information ranging from computer classes to line dancing, diagnostic screenings, social activities and travel opportunities for seniors 50 or better. This membership program serves more than 2,000 seniors in the Louisiana area. Membership is \$40 per couple and \$25 for singles. Annual renewal is \$10.

Every month with GO is filled with new activities and events, all available first-come, first-served.

“It’s important to keep enjoying life and learning,” says Orgeron. “It keeps us going, and it’s good for our health, both physical and mental.”



ON THE GO Hilda and Clarence Orgeron participate in a variety of Golden Opportunity trips and events.



FUN ON THE RUN Bring the whole family to the 24th annual Ochsner Run and Rhythm & Sole party on Saturday, March 28, from 4:30 to 7:30 p.m., behind Ochsner Medical Center in New Orleans. See ochsner.org/philanthropy or call 1-888-348-7457 for more information.



GET GOING Visit ochsner.org/go to join GO or learn more about its events. Call the location nearest you to join GO today!
New Orleans: 1-888-306-2189
West Bank: 1-888-894-0522
Baton Rouge: 1-866-912-2733

OCHSNER'S NEW PHYSICIANS

Ochsner consistently attracts top physicians, from primary care providers to sub-specialists. Below are new physicians who have joined our network of Health Centers and Medical Centers from September 2008 through February 2009. If you're looking for a doctor, try our newly enhanced physician search function at ochsner.org, where you can search by name, specialty, location or keywords.

WELCOME

Aderonke F. Akingbola, M.D. *Gastroenterology – Kenner*
Pierre R. Blemur, Jr., M.D. *Nephrology*
Shirisha Bodana, D.O. *Nephrology*
Samira L. Brown, M.D. *Pediatrics*
Joan Cheuk, M.D. *Hospital Medicine*
James C. Collier, M.D. *Child Psychiatry*
Jimmie E. Colon, M.D. *Anesthesiology*
Jorge H. Daruna, Ph.D. *Psychology*
Patrick A. Delaney, M.D. *Cardiology*
Susana L. Dipp, M.D. *Endocrinology*
Emilie E. Donaldson, M.D. *Anesthesiology*
Simone R. Fogarasi, M.D. *Pediatric Hospitalist*
Richard F. Frisch, M.D. *Orthopedic Surgery*
Krishna K. Gaddam, M.D. *Cardiology/Heart Failure*
Kenneth J. Gaines, M.D. *Neurology*
Saria Gouher, M.D. *Internal Medicine – St. Anne*
Fred E. Hackley, M.D. *Family Medicine – Baton Rouge*
Terence L. Hauver II, M.D. *Emergency – Baptist*
Don M. Hemelt, M.D. *Pathology – West Bank*
Omolola O. Idowu, M.D. *Ophthalmology*
Brian P. Jones, M.D. *Cardiology – Baton Rouge*
Shobha N. Joshi, M.D. *Hepatology*
Jon P. Kimball, M.D. *Orthopedic Surgery*
Brian T. Kindl, M.D. *Orthopedic Surgery – Baton Rouge*
Michael A. Kolinsky, M.D. *Emergency – Baptist*
Frannie R. Kronenberg, M.D. *Internal Medicine*

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 ochsner.org or call 1-866-383-5742.



WHENEVER YOU NEED US

We're available 24/7

"When you are feeling poorly at night, it's comforting to know you can schedule an appointment right then and not have to wait until morning to call," says Todd Mule, Director of Ochsner's East Bank Satellite Clinic Operations. That's why Ochsner now offers a 24/7 primary care appointment scheduling service for all South Shore Health Centers in the New Orleans Region. Ochsner is the only healthcare provider in the region that offers this service.

No matter when you need medical help, you can call 1-866-OCHSNER. After 5 p.m., Ochsner On-Call nurses will help triage your condition, offer medical advice and schedule an appointment for you, if necessary. With many neighborhood locations, Ochsner offers same day/next day appointments for primary care and urgent care services.

"The program started as a way to provide peace of mind and easy access to all patients, including current Ochsner patients and new patients who have never used Ochsner's vast network of primary care physicians. Many patients have told us they could rest a little easier in the evening having used our 24/7 program to schedule a doctor's appointment for the next morning," says Mule. "They know they can get help whenever they need it."



Damodar R. Kumbala, M.D. Hospital Medicine
Teresa A. Kurtz, M.D. Pediatrics – Baton Rouge
Randy J. Lamartiniere, M.D. Hospital Medicine – North Shore
Benjamin S. L. Lee, M.D. Nephrology
Jose A. Lefran, M.D. Internal Medicine – Slidell
Paige R. Lindberg, M.D. Otolaryngology
Elaine M. Mallary, M.D. Psychiatry – North Shore
Dennis M. Mello, M.D. Cardiothoracic Surgery
James P. Moises, M.D. Emergency – Baptist
Theodorus J. Mulder, M.D. Pediatric Cardiology
David Peretz, M.D. Gastroenterology/Hepatology
Osei B. Prempeh, M.D. Family Medicine – Baton Rouge
Sadda R. Reddy, M.D. Internal Medicine – Lapalco
Pamela E. Richard, M.D. Pediatrics – Covington
Suma P. Satti, M.D. Hematology/Oncology
Sumathi S. Smith, M.D. Hematology/Oncology – North Shore
Rachana N. Sus, M.D. Internal Medicine – Marrero
Detra M. Tisdale, M.D. Internal Medicine – Kenner
Gretchen E. Ulfers, M.D. Pulmonary
Chequita S. Williams, M.D. Family Medicine – Marrero
Kamran Zaheri, M.D. Emergency – Baptist
Joseph M. Zavatsky, M.D. Orthopedic Surgery

All physicians practice at Ochsner Medical Center in New Orleans on Jefferson Highway unless otherwise indicated.



MEET THE REGISTERED NURSE

ANDREA CASTILLO, R.N.
Ochsner Medical Center – PICU



LEARN WHY Ochsner is a "Best Place to Work" and explore a new career at ochsner.org/careers. Contact Human Resources at **1-888-891-8529** for more information. EOE.

IT'S A MATCH

Starting an Ochsner career just got easier

With a new online recruitment system, 2009 is the perfect time to start a career at Ochsner!

The MATCH (Mapping a Top Career in Healthcare) application system allows candidates to create a profile on the Ochsner Website. With a user name and password, they can access their profile to submit and update résumés, save job searches, send out applications and have their résumés viewed by recruiters for new opportunities.

"It's a much more streamlined and efficient process for our applicants and recruitment teams," says Melissa Love, Human Resources Manager of Talent Acquisition.

WHAT'S NEW

Check out these new and improved facilities and services

OCHSNER HEALTH SYSTEM – COVINGTON

The Outpatient Surgery Center located in Ochsner Health Center – Covington offers the first and only outpatient surgery center in Louisiana with extended 23-hour stays. Patients receive one-on-one care from nurses around the clock and have more time to recover under professional care and observation.

1000 Ochsner Boulevard
Covington, La., 70433
1-888-673-2150

OCHSNER HEALTH CENTER – BATON ROUGE

The O'Neal Lane Health Center continues to expand services and is now offering new specialties, including allergy, cardiology, hematology/oncology, nephrology, neurology, ophthalmology, optometry, podiatry, pulmonology and general surgery. The expansion followed a six-month renovation and brings more convenient access to residents in eastern Baton Rouge and in Livingston parish.

16777 Medical Center Drive
Physician's Plaza I, I-12 at O'Neal Lane
Baton Rouge, La., 70816
1-888-887-7053

The new Cath Lab at Ochsner Medical Center in Baton Rouge centralizes cardiac and vascular procedures, allowing physicians to address all issues together and provide more versatile, faster care. The lab uses flat-panel technology, the latest advancement in cardiovascular procedures.

17000 Medical Center Drive
Baton Rouge, La., 70816
1-866-348-5503



O'NEAL LANE HEALTH CENTER EXPANDED

Several specialties are now available for residents of eastern Baton Rouge and Livingston parish.

OCHSNER BAPTIST MEDICAL CENTER

Ochsner Baptist Medical Center has expanded its facility by adding 21 new private rooms for medical and surgical patients. These additions to the third floor of the Clara Wing bring the hospital's capacity to 55 beds.

2700 Napoleon Avenue
New Orleans, La., 70115
1-888-780-9971

Internal Medicine has returned to the Ochsner Baptist campus. Doctors Karen Blessey, Robert Miles and Margaret Pelitere are now providing primary care services in the McFarland Building.

4429 Clara Street, Suite 500
New Orleans, La., 70115
1-888-627-9827



WIN HORNETS TICKETS

Go to Ochsner.org/outreachsurvey before April 1 to tell us what you think of *Outreach*, and be entered into a drawing for one of two pairs of tickets to the New Orleans Hornets game against the Phoenix Suns on April 8. Surveys will be continue to be accepted after the drawing date, after eligibility for the contest has passed.

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New Orleans, LA 70121

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