



How to Keep Mosquitoes and Other Pests Away

THE FOLLOWING STEPS can protect you and your family against insect bites:

- ⚡ **Stay clear of areas that attract pests.** Stinging insects favor bushes, rotting fruit, and decaying logs or stumps. Mosquitoes breed in standing water. Bees and wasps also like garbage, so keep your garbage outside in covered cans.
- ⚡ **Consume sweet-smelling foods and drinks inside**, when possible. These attract insects. For the same reason, skip sweet-smelling colognes, soaps, and lotions when you'll be outside.
- ⚡ **Avoid the patterns and textures insects favor.** These include floral prints, bright clothing, and shiny jewelry.
- ⚡ **Use a mosquito repellent.** The longest-lasting repellents contain the chemical DEET. "For children, stick to a 10 percent solution and never apply to a child's face, hands, or irritated skin," cautions Renee Dyess, M.D., of Baptist Medical Clinic | Family Medicine—Dogwood. "Avoid putting DEET on an infant. Instead, place your baby in a carriage, and cover it with mosquito netting."
- ⚡ **Light candles at night.** People who light citronella candles have 42 percent fewer bites than those who stay in the dark. However, even regular candles can reduce bites by 23 percent.
- ⚡ **Design your garden to be less attractive to bees.** They seem to especially like yellow and white flowers, while being less attracted to red flowers.
- ⚡ **If a wasp or bee threatens, move away slowly and quietly.** Avoid waving your arms, swatting, or running.

inside this issue

- 2 **Fitness & Nutrition** | Born to Be Big? You Can Lose Weight
- 3 **Cancer News** | Non-Hodgkin Lymphoma: What You Need to Know
- 4 **Heart Health Now** | Calcium Scans Predict Heart Disease Before Symptoms Start
- 6 **For Women** | The OBED: Round-the-Clock Emergency Care
- 8 **All in the Family** | Hobbies May Help Ward Off Alzheimer's
- 10 **Calendar of Events** | Cyclists Curing Cancer Century Ride
- 12 **Doctor Differences: What You Should Know**

Don't Scratch That!

Insect bites can lead to scratching, which can lead to infection. Our family medicine physicians at Baptist Medical Clinic can help if you run into pesky complications. Find the clinic nearest you at www.mbhs.org/healthsource.

Red Pepper Salad Dressing

Ingredients:

- ½ Cup roasted red peppers (jar is fine, not in oil)
- ¼ Cup sun-dried tomatoes (not in oil)
- 2 tbsp. olive oil
- 1 tbsp. red wine vinegar
- ½ tsp. red pepper flakes
- ¼ Cup fat-free buttermilk

Directions:

Put all ingredients into a small food processor or blender. Mix well and serve.

YIELDS 12 tablespoons
 PER TABLESPOON
 Calories 27
 Fat 2 g
 Saturated fat <1 g
 Cholesterol 0 g
 Sodium 29 mg
 Total carbohydrates 1 g



:: Fitness & Nutrition

Born to Be Big? You Can Lose Weight



WHEN IT COMES TO SHEDDING pounds, it may seem the scales are tipped against you. Researchers have found ways that our weight may be tied to uncontrollable forces.

“But don’t think of weight as a losing battle,” says Amy Dent, R.D., L.D., of Baptist Nutrition Center. “Instead, acknowledge the things you can’t change and adjust those you can.” Here’s how.

You can’t change: your genes. Scientists think our odds of becoming obese may be partly encoded in our DNA. Genes likely control how the body captures, stores, and releases energy from food.

So focus on: your exercise plan. In a new study in the journal *PLoS Medicine*, people with genes linked to obesity reduced their risk of being heavy by 40 percent. How? They worked out for about an hour a day.

You can’t change: your brain. We’re surrounded by advertisements, large portions,

and other cues to consume.

Brain imaging studies show obese people are more susceptible to these signals.

So focus on: your environment. Studies show you’ll make healthier choices if you put them front and center. “For instance, use smaller plates at meals so reasonable servings look like plenty,” suggests Dent.

You can’t change: your hormones.

Keeping lost weight off poses its own challenge. A year after you quit cutting calories, hunger-generating hormones still surge through your bloodstream, says a recent study in the *New England Journal of Medicine*.

So focus on: your habits. Research shows people who successfully keep pounds off work out regularly, stick to a schedule of three meals and two snacks per day, and keep their diet consistent throughout the week.

Weight Loss That Works

Baptist Nutrition Center’s medical weight-loss programs have a proven track record. Find the program that’s right for you at www.mbhs.org/healthsource.

Can I Increase My Metabolism?

Every time you eat, your body works hard to process that food so you can use it for energy. The amount of energy you burn in the form of calories is your metabolism.

But metabolism slows with age, primarily due to reduced activity and reduced muscle mass. Extra calories that aren’t burned for energy become unwanted pounds.

“The good news is you can increase your metabolism and lose weight with the right activities,” says Fitness Director Patrick Conn of Baptist Healthplex. Here are two ways to boost your metabolism and keep it working efficiently:

1. Get aerobic exercise. Exercise vigorously for a total of an hour

and 15 minutes each week. “Bicycling, running, elliptical trainers, and swimming are great aerobic workouts,” says Conn.

2. Build muscle mass. Muscle burns more calories than fat. Try resistance training two days a week. This can be done on weight machines at the gym or with resistance bands at home.

Make Fitness Fun

Baptist Healthplex offers a variety of group aerobic activities, including spin and dance-style classes. See a class schedule online at www.mbhs.org/healthsource.

Non-Hodgkin Lymphoma: What You Need to Know

NON-HODGKIN LYMPHOMA (NHL) is a group of about 30 different cancers that affect white blood cells called lymphocytes. “Lymphocytes are part of the immune system and fight infections. The exact cause of lymphoma is unknown,” explains oncologist Grace Shumaker, M.D.

Know the Symptoms

NHL is the seventh most common cancer in the U.S. No screening tests are available to detect the condition early, so it’s important to know these symptoms:

- :: Swollen lymph nodes in the neck, armpit, or groin
- :: Weight loss
- :: Recurrent fevers
- :: Drenching night sweats

Are You At Risk?

About half the people with non-Hodgkin lymphoma are age 66 or older.

Other risk factors include:

- :: Exposure to occupational chemicals, such as herbicides and insecticides
- :: Exposure to radiation and chemotherapy from cancer treatment
- :: Autoimmune disorders, such as rheumatoid arthritis or lupus
- :: A weakened immune system

How It’s Treated

The prognosis for patients with NHL has improved in recent years.

“Treatment may include a combination of chemotherapy, radiation, and immunotherapy,” says Dr. Shumaker. “In some cases, patients may undergo stem cell transplants.”



» Learn from a Survivor

“Lymphoma: A Survivor’s Story”

is a FREE seminar coming this fall to the Hederman Cancer Center. See details in the calendar.

For Men: Deciding About Prostate Screening

The walnut-sized prostate can sure cause oversized problems. Topping the list is prostate cancer. It’s the most commonly diagnosed cancer in men.

But two studies in *BMJ* concluded that the most common screening technique for prostate cancer—a blood test to measure prostate-specific antigen (PSA)—failed to distinguish between life-threatening cancers and more manageable conditions. “Medical experts disagree whether current screenings save lives or expose healthy men to the potential risks of unnecessary treatment, which may include incontinence and impotence,” says urologist Robert P. Myers, M.D.

So what’s a guy to do? Make informed choices about how to deal with all kinds of prostate problems.

To Screen or Not to Screen

The National Cancer Institute advises men to discuss prostate cancer screening with their doctors. “Screening is most beneficial for men at the highest risk,” says Dr. Myers. Risks for prostate cancer include being 50 or older; having

African-American ancestry; having a brother, father, or son with the disease; and eating a high-fat diet.

Some men with prostate cancer have no symptoms.

Others may notice:

- :: Trouble starting urination
- :: Frequent or interrupted urination
- :: Pain while urinating
- :: Blood in the urine or semen
- :: Chronic pain in the back, hips, or pelvis
- :: Pain with ejaculation

These symptoms can also signal a less urgent prostate problem, but they should prompt a call to your doctor.

FREE Prostate Screenings

Men: If you’re at higher risk for prostate cancer, the price is right for this important preventive screening. See the calendar for dates and times for our FREE prostate screenings.

Calcium Scans Predict Heart Disease Before Symptoms Start



YOU MAY BE IN GOOD SHAPE. You might be symptom-free. You could also have heart disease. “If something’s wrong with your heart, you might not always know,” says cardiologist Keith D. Thorne, M.D. Luckily, a coronary calcium scan can help detect heart disease—the number one cause of death in the U.S.—long before symptoms show up.

Who Should Get a Calcium Scan?

Those at medium risk for a heart attack—a 10 to 20 percent chance—

can benefit most from the calcium score test. For example, if you are a 55-year-old female who smokes and has high cholesterol, low HDL, or “good” cholesterol, and high blood pressure, you are at medium risk for heart attack. Other risk factors include diabetes, obesity, and an unhealthy diet.

How Does the Calcium Scan Work?

Heart disease happens when plaque—a mixture of fat, calcium, and other substances—builds up in the arteries of the

heart. This causes arteries to narrow, making it harder for oxygen-rich blood to reach the heart. The result? Chest pain, or at worst, heart attack. “Using a CT scan, we look for bits of calcium, called calcifications, in the arteries of the heart,” explains Dr. Thorne. “These specks of calcium are early signs of heart disease.” The test is quick and painless—it only takes 10 minutes.

What Do the Results Mean?

If there is no calcium in the arteries, your test is negative. This means that your risk of having a heart attack in the next two to five years is low. If calcium deposits are found in your arteries, the test is positive. The amount of calcium in your arteries—the calcium score—predicts how likely you are to have a heart attack. A score of zero is normal. The higher your score, the more likely you are to have heart disease.

What Happens Next?

If your calcium score is high, your doctor may prescribe medications and recommend lifestyle changes, such as exercise and a healthy diet. “Follow-up testing may also be necessary,” says Dr. Thorne.



What’s Your Score?

If you would like to have a calcium score, Baptist offers this screening test year-round in our Healthy Life Screenings program. To schedule a screening, call **601-948-6262** or **800-948-6262**.

Detecting Aortic Stenosis Is the First Step Toward Repair

AORTIC STENOSIS, A CONDITION CAUSED by a diseased heart valve, commonly results from a gradual accumulation of plaque on the affected valve. The condition may also be present at birth as a heart defect, or develop due to childhood infection that damages the heart. "Although this serious condition may be present since infancy, many people don't experience symptoms until adulthood," says cardiovascular surgeon William Harris, M.D.

What Is Aortic Stenosis?

The aortic valve functions like a one-way door, allowing blood to flow forward into the aorta, but not backward into the left ventricle. With aortic stenosis, the aortic valve cannot open completely, making it harder for blood to flow forward.

Aortic stenosis is classified according to how much blood flow is obstructed. Mild aortic stenosis may not cause any symptoms. But obstructions can grow worse over time. "When symptoms, such as fatigue, dizziness, and shortness of breath, emerge in late adulthood, they may be mistaken for the effects of aging," cautions Dr. Harris.

A Dangerous Condition

With aortic stenosis, the left ventricle has to work harder to try to move blood through the defective valve. When the condition is not caught, a person is at risk for:

- :: Failure of the left ventricle to pump blood to the body efficiently
- :: Aneurysm or dissection of the aorta
- :: Bacterial infection in the lining of the heart or aorta
- :: Sudden death

Getting Treatment

Your doctor will help you determine the best way to treat aortic stenosis, based on your health and the condition of the valve. Options range from a less invasive cardiac catheterization procedure to surgical repair or replacement of the damaged valve.

Specialists in Heart Valve Disorders

Baptist's Valve Center specializes in helping people with heart valve disease. Our nurse practitioner can answer questions and schedule any tests you may need. Contact the Valve Center by calling **601-948-6262** or **800-948-6262**.

Four Ways to Save a Woman's Heart



There's more than one secret to a longer life. "Researchers have identified four healthy habits that prevent sudden cardiac death, which occurs when the heart suddenly stops beating, in women," says Michael Bensler, M.D.



1. Don't smoke.
2. Maintain a healthy weight.



3. Exercise at least 30 minutes a day at a moderate or high intensity.



4. Eat a healthy Mediterranean diet, including fruits, vegetables, whole grains, and fish.

Each habit reduces a woman's risk for sudden death, says the study, published in the *Journal of the American Medical Association*. Done altogether, they slash the threat by as much as 92 percent.

Listen Up!

Go online to www.mbhs.org/healthsource for our podcast "Women & Heart Health: Preventing Heart Disease."

The OBED: Round-the-Clock Emergency Care

THE ONLY PREDICTABLE THING about pregnancy is that it's unpredictable. Even if you're having a healthy, problem-free pregnancy, you may hit unexpected bumps in the road. Wouldn't it be nice if, regardless of time of day, you could be evaluated right away by a board certified OB/GYN? That is exactly what happens at Baptist in the new Obstetric Emergency Department (OBED).

What Is an OBED?

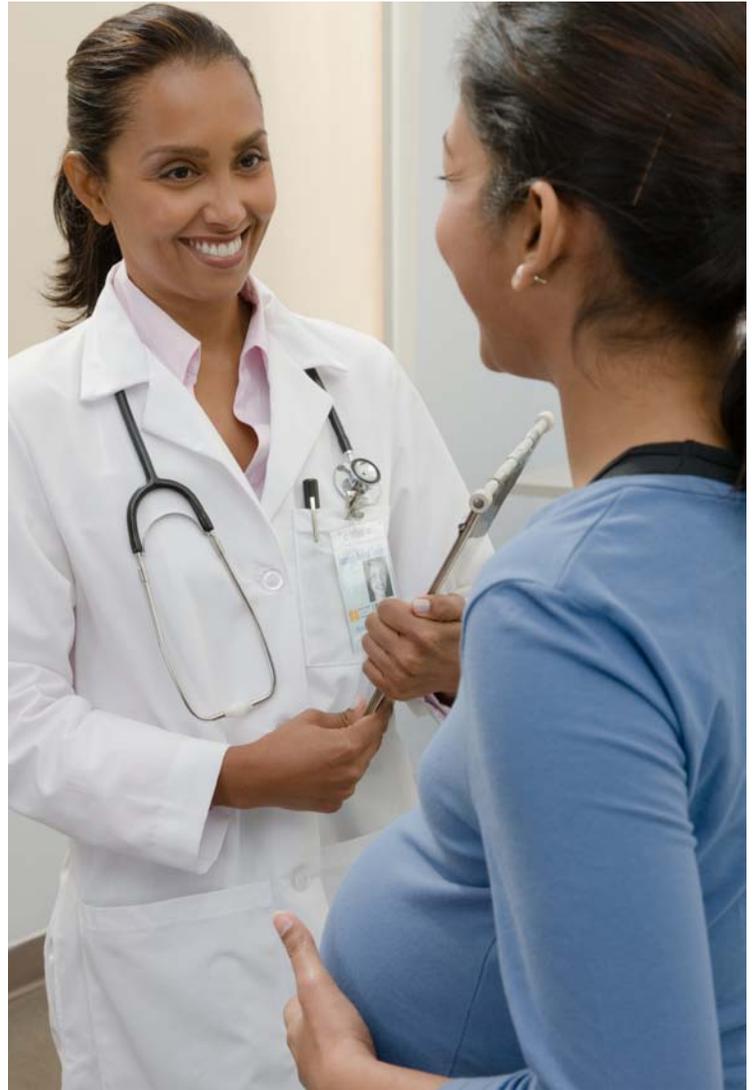
When a woman is pregnant, all medical problems—even those not directly related to pregnancy—have to be treated with both mom and baby in mind. The new OBED at Baptist, open 24 hours a day, is set up to take care of almost all possible problems in pregnant patients from 16 to 35 weeks. Everything from colds to high blood pressure can be evaluated. Nurses trained in labor and delivery and an OB hospitalist take care of patients in the OBED.

“You can think of an OB hospitalist as an OB/GYN ER physician,” explains OB/GYN Barbie Sullivan, M.D., Executive Medical Director of Women's Services. “This physician is a board certified OB/GYN who is required to undergo extra training in both routine and high-risk pregnancies. He or she can also act as a safety net between you and your primary OB/GYN for times when your physician is in surgery or out of the hospital and not immediately available.” The OB/GYN hospitalist can also evaluate gynecologic patients and provide exams, ultrasounds, consultations, and even surgery for conditions like ectopic pregnancies, miscarriages, and life-threatening bleeding.

“What this means for Baptist's OB patients is that no matter what time of day or night, there is a trained physician in the hospital whose job is to handle urgent situations until her physician arrives,” Dr. Sullivan says.

Peace of Mind for Moms-to-Be

Learn more about the new Obstetric Emergency Department online at www.mbhs.org/healthsource.



The OBED or the ER?

Should you develop symptoms during pregnancy, your doctor will tell you if you should come to the hospital, and also where to go—the OBED or the ER.

For expectant patients who are faced with potentially life-threatening conditions, such as blood clots, injuries from automobile accidents, or medical conditions requiring care from multiple physicians, the OBED physician can begin treatment in the main ER. Once the patient is stable or in active labor, she can be transferred to the Labor and Delivery Department where her own OB/GYN can take care of her. The OBED physician can then act as a consultant to her physician and even assist in surgery if required.

Putting an End to Pelvic Pain and Abnormal Bleeding

ABNORMAL BLEEDING AND pelvic pain are common and can have many causes. One possibility is uterine fibroids. “These are noncancerous tumors that grow within the walls of the uterus. Fibroids can cause heavy periods, bleeding between periods, and generalized pelvic discomfort,” says OB/GYN Leland Gebhart, M.D.

Another cause is endometriosis, which occurs when tissue that normally grows inside the uterus grows on the outside of the uterus or on other organs. Endometriosis can cause irregular bleeding, painful menstrual cramps, chronic pelvic pain, and infertility.

Abnormal hormone levels or thyroid problems may contribute to irregular bleeding as well.

Many Treatments Available

There are many therapies available to treat these conditions, including medicines and procedures to reduce bleeding and control symptoms. Common procedures include endometrial ablation (which involves removing the lining of the uterus), laparoscopic intervention for endometriosis, or embolization to help shrink fibroid tumors.



If Surgery Is Needed

When symptoms are severe, or when other treatments fail, a woman may choose to have a hysterectomy. This is surgery to remove the uterus. Hysterectomies are quite common—one in three U.S. women has had this operation by age 60. In some cases, the operation may be done with small incisions and minimally invasive techniques.

After a hysterectomy, a woman stops having her period and cannot become pregnant. She also may have menopausal symptoms, such as hot flashes.

“If you have pelvic pain or heavy or abnormal bleeding, be sure to see your doctor,” says Dr. Gebhart. “Your doctor can help you find the cause and can work out the best course of treatment for you.”

Got Questions About Hysterectomy?

Watch our 16-minute video for answers to common questions, including the types of hysterectomy, how long recovery takes, and issues related to hormone replacement therapy. Go online to www.mbhs.org/healthsource.

Most Abnormal Mammograms Don't Mean Cancer

All women know it—mammogram results can bring anxiety. But there's good news: Most abnormal findings are not breast cancer.

Mammograms detect changes in the breast, such as masses—cysts and tumors—and mineral deposits, called calcification, which may or may not be cancerous. “If your screening mammogram shows a change in your breast, you'll need a diagnostic mammogram,” explains Larkin Carter, M.D. Unlike a screening mammogram, which takes 15 to 30 minutes and includes four standard views, a diagnostic mammogram may take slightly longer and will include special views tailored to the area of concern. It is frequently followed by a breast ultrasound.

The additional images often show that the area of the breast that looked abnormal is actually normal or “benign.” Or your doctor may order a biopsy to remove a small sample of abnormal breast tissue and test it to see if it's cancerous. “If this happens, try to remain optimistic—roughly 80 percent of all biopsied breast changes are not cancer,” says Dr. Carter.

Results While You Wait

The Center for Breast Health provides results for screening mammograms before you leave, as long as your previous records are on file with us. In most cases, if additional diagnostic testing is needed, it can be done the same day. Call **601-973-3180** to schedule your screening mammogram at the Center for Breast Health.

What If You Can't Help but 'Sweat It'?

Hyperhidrosis—literally, “too much sweat”—is an embarrassing but treatable problem.

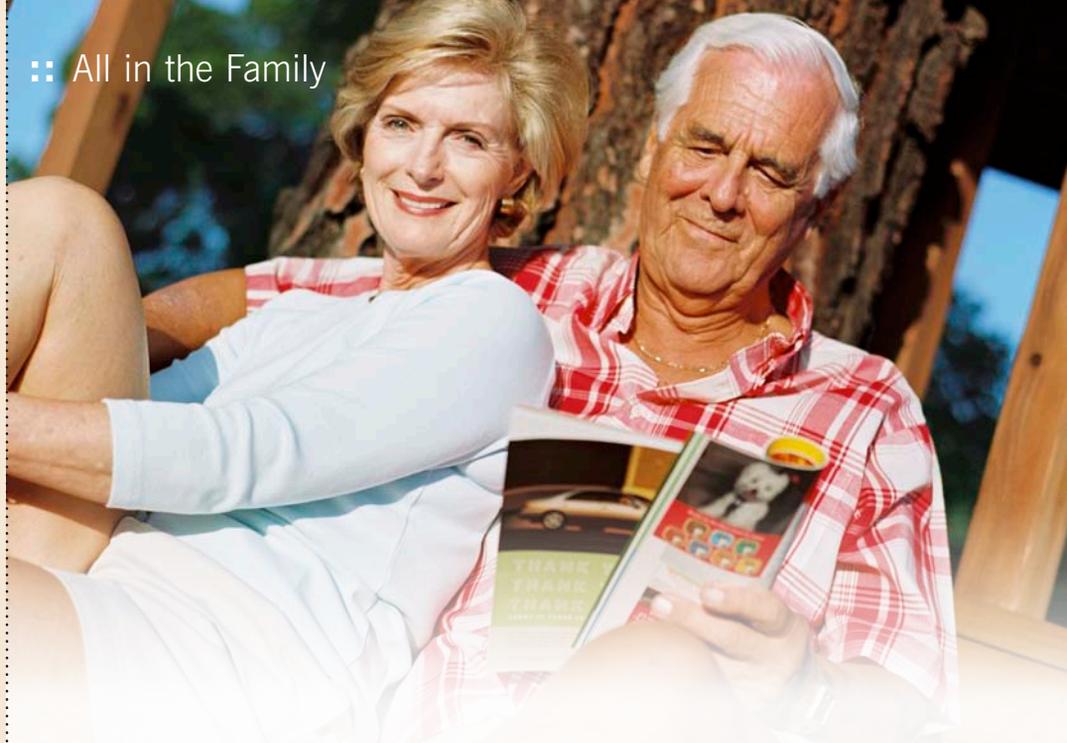
“It’s important to get your doctor’s help if you suffer from this condition,” says thoracic surgeon Michael Koury, M.D. “There may be an underlying cause—such as an infection, anxiety condition, or hormonal changes.” If there’s no other cause, these tips may give some relief:

- :: Avoid sweat triggers—heat and spicy foods, for example—as much as possible.
- :: Choose an antiperspirant—not just a deodorant—that contains aluminum chloride.
- :: A prescription aluminum chloride solution can help underarms, head, hands, and feet.
- :: Other prescription medications may be used to try to alleviate the problem.

If conservative measures don’t provide relief, a minimally invasive outpatient surgery, called endoscopic thoracic sympathectomy, offers excellent results.

Tired of Excessive Sweat?

Join us for our **FREE** seminar featuring Michael Koury, M.D., as he discusses available treatments. See details in the calendar.



Hobbies May Help Ward Off Alzheimer's

WOMEN YOUNGER THAN AGE 60 who stimulate their brains with hobbies may be less likely to get Alzheimer’s disease later.

Researchers studied the previous hobbies of more than 500 adults in their 70s, most of them women. The subjects who regularly read, knitted, or had other intellectually stimulating hobbies from ages 20 to 60 were about two-and-a-half times less likely to develop Alzheimer’s.

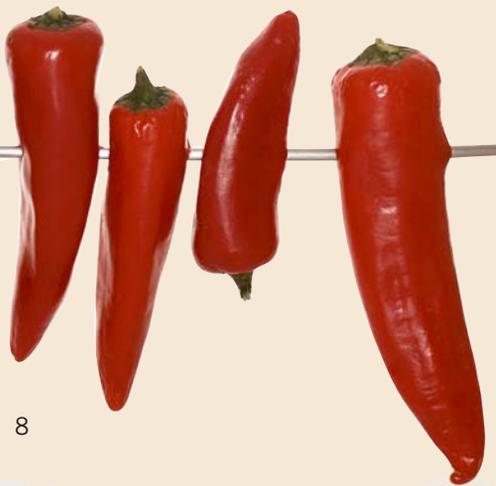
“Those who regularly participated in physical activities from ages 20 to 60 were also less likely to get Alzheimer’s,” notes neurologist Gerald Randle, M.D. “Physical hobbies, such as gardening, also lowered their risk for Alzheimer’s by about two-and-a-half times.”

While hobbies may not prevent Alzheimer’s, they may help protect against or delay the development of the disease. Intellectual hobbies, such as crossword puzzles, may stimulate the brain to build connections between brain cells—protecting the brain against chemical changes associated with Alzheimer’s.

Although studies have shown an association between certain modifiable lifestyle factors and a reduced risk for Alzheimer’s, the National Institutes of Health says that researchers still aren’t sure whether these factors can actually prevent the disease.

>> How to Help a Loved One

If an older loved one is showing signs of dementia, a medical and psychological evaluation can help get treatment started earlier. Get answers to your questions about Alzheimer’s at our **FREE** seminar. See the calendar for details.



Small Incisions, Big Benefits: Shoulder Arthroscopy

SHOULDER ARTHROSCOPY has been performed for decades and has made treating shoulder problems safer, easier, and faster than ever. “This procedure uses small incisions to access your shoulder joint, allowing for less pain, fewer complications, and faster recovery,” says orthopaedic surgeon Rhett Hobgood, M.D.

Why Have Shoulder Arthroscopy?

Shoulder arthroscopy is used to repair many shoulder conditions, including:

- :: Shoulder dislocation
- :: Torn ligaments or rotator cuff
- :: Inflammation or damaged lining of the joint
- :: Shoulder impingement syndrome

“You might be a candidate for shoulder arthroscopy if you still have shoulder problems after trying nonsurgical treatment, including rest, physical therapy, and medicine to reduce inflammation,” says Dr. Hobgood.

How Is It Performed?

During the hour-long procedure, your surgeon makes several small cuts on your shoulder, each about the size of a small buttonhole. The surgeon inserts a small camera—about the width of a pencil—that is connected to a video monitor in the operating room. This allows the surgeon to see the inside of your shoulder. After surgery, the cuts will be closed with stitches.

Most people receive a regional nerve block to numb their arm and shoulder during the procedure. You will also receive sedation to keep you comfortable.

How Long Is Recovery?

After a simple arthroscopic repair, you’ll probably feel some pain and wear a sling for at least one week. Recovery from more complicated procedures takes more time. But once healed, most people can resume their favorite activities with less shoulder pain and better quality of life than before.

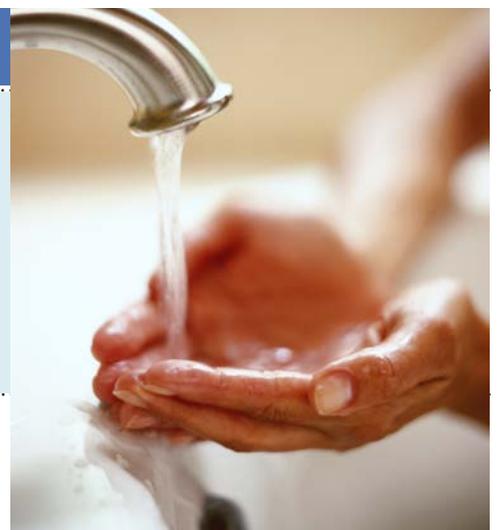
Expect the Best

Baptist’s orthopaedic program is recognized by HealthGrades as one of the Top 100 in the nation. If you need help with a painful shoulder, you can get a FREE referral to one of our physicians by calling **601-948-6262** or **800-948-6262**.



Play It Safe in the Sand

Digging in the sand may lead to intestinal illness, researchers report. Being buried in the sand is even more likely to cause illness. Beach sand—whether at lakes or the ocean—may contain bacteria linked to gastrointestinal problems such as diarrhea, nausea, and stomachache. Children who get sand in their mouths have the greatest chance of becoming sick. It’s still OK to enjoy the sand and surf—just be sure to wash your hands afterward. Or use hand sanitizer to kill germs.



» Cancer News

FREE Prostate Screenings

Prostate cancer is the most common cancer in men, but when detected early, survival rates are excellent. This FREE prostate screening, including a PSA test and a digital rectal exam, is available for men:

:: Ages 50 to 75

:: Ages 40 to 75 whose father or brother had prostate cancer

:: Ages 45 to 75 who are African-American

Men older than age 75 and those currently under the care of an urologist are excluded.

Dates and Locations:

July 12: Baptist Medical Clinic | Family Medicine – Northtown (limited times available)

September 11: Hederman Cancer Center

September 13: Mississippi Urology Clinic

Time: By appointment, beginning at 5 p.m.

Save Your Skin Screening

Worried about a mole or sunspot? Don't take a chance with skin cancer. Take advantage of this FREE skin screening offered by Baptist Medical Clinic. This is a free screening, but registration is requested and space is limited.

Date: August 23

Time: 5 p.m.

Location: Baptist Medical Clinic | Family Medicine - Madison, Main Street

Lymphoma: A Survivor's Story

If you or someone you love is being treated for lymphoma, don't miss this seminar featuring survivor Wanda Vinson and oncologist Grace Shumaker, M.D. Learn from and be encouraged by someone who's walked in your shoes.

Date: September 18

Time: 11:45 a.m.

Cyclists Curing Cancer Century Ride

The Cyclists Curing Cancer Century Ride begins at the Baptist Healthplex in Clinton and stretches along the beautiful and historic Natchez Trace. The ride benefits Baptist Cancer Services' Serenity Garden, located outside the Hederman Cancer Center. It offers a private area where cancer patients and their families can "escape" and enjoy peace, quiet, and fresh air.

Date: September 22

Time: 7:30 a.m.

Location: Baptist Healthplex-Clinton

Cost: \$40 by September 6; \$45 beginning September 7

Register online at www.active.com or call **601-968-1248** for a registration form.



Location: Hederman Cancer Center

Cost: \$5 for optional lunch

Time: 9:30 to 11:30

Location: Baptist for Women Conference Center

Cost: \$5 per person

» For Women

Mother/Daughter Brunch: Fearfully and Wonderfully Made

It's not easy being a girl today. Your adolescent daughter may already be concerned about changes taking place in her body, peer pressure and "fitting in." At this brunch for girls and their mothers, OB/GYN Barbie Sullivan, M.D., will help prepare adolescents for what's ahead with their changing bodies. Megan Clapton, M.A., a children's counselor, will discuss self-image, relationships and communication, and emotions. Seating is limited, so register today.

Date: August 18

Life After Breast Cancer: Breast Reconstruction

Treatment for breast cancer includes building for the future, including knowing all your options for breast reconstruction. In this FREE seminar, guest speaker plastic surgeon David Steckler, M.D., will explain how breast reconstruction is performed, and the timeline for surgery and recovery.

Date: August 29

Time: 11:45 a.m.

Location: Baptist for Women Conference Center

Cost: \$5 for optional lunch

Need Health Information for Your Group? If you don't see a listing for your particular area of interest, give us a call. Baptist offers additional classes and support groups not listed here. We reserve the right to cancel an event due to low registration. Dates and times are subject to change.

Menopause Havoc

Is menopause causing havoc in your life? You are not alone! Join Baptist for Women for a fun, educational night on menopause and perimenopause that will separate medical facts from myths about hormones, heart disease, sexual dysfunction, exercise, nutrition, and more. The event includes the movie "Hot Flash Havoc," followed by a panel discussion with medical experts including nurse practitioner Mickie Autry, Ph.D., NP-C; OB/GYN Lori Fulton, M.D.; OB/GYN Thomas Wiley, M.D.; cardiologist Christ Waterer, M.D.; and oncologist Tammy Young, M.D.

Date: August 30

Time: 5:45 p.m. to 8:30 p.m. Heavy hors d'oeuvres from 5:45 to 6:15 p.m.

Location: Table 100, 100 Ridge Way, Flowood, MS

Cost: \$10 per person

Register by calling **601-948-6262**. Online registration is not available.

» All in the Family Treatment for Sweaty Palms

Almost 1 percent of the population suffers from excessive sweating, especially under the arms and on the hands. Fortunately, good treatments are available. In this seminar featuring Michael Koury, M.D., find out what causes hyperhidrosis, and medical and surgical treatments for it.

Date: July 25

Time: 11:45 a.m.

Location: Baptist Madison Campus, Community Room

Cost: \$5 for optional lunch

Is This Alzheimer's?

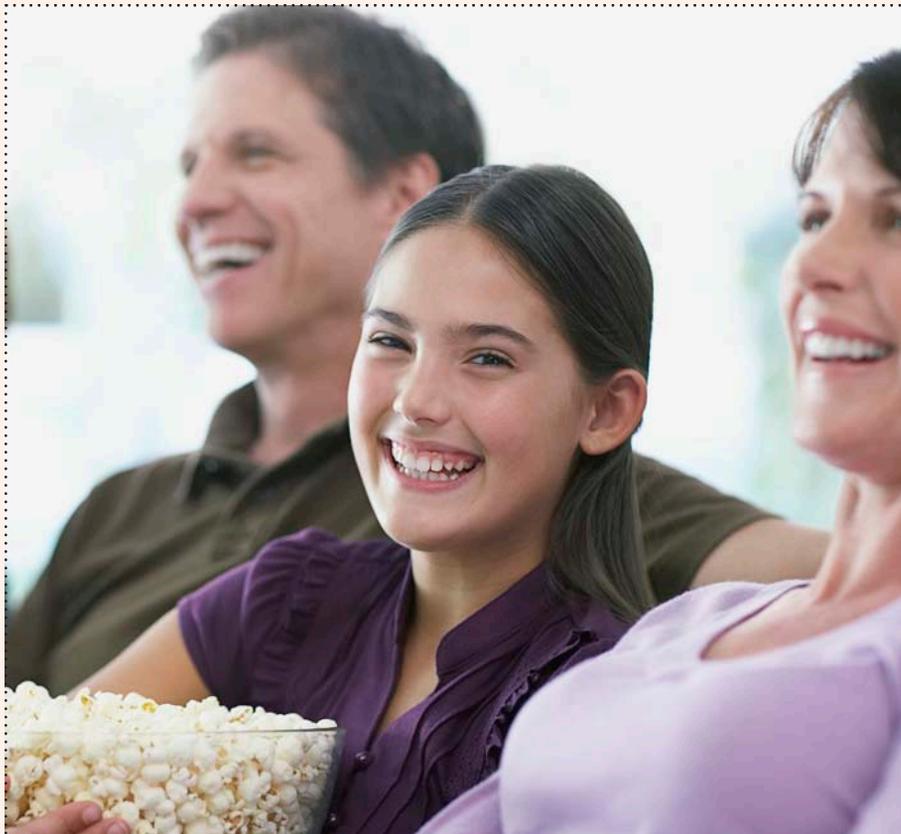
Not every form of memory loss or difficulty thinking is caused by Alzheimer's disease. But the earlier this condition is discovered, the better the available treatments. Join neurologist Gerald Randle, M.D., as he discusses the prevention, diagnosis, and treatment of Alzheimer's.

Date: August 15

Time: 11:45 a.m.

Location: Baptist Madison Campus, Community Room

Cost: \$5 for optional lunch



Ask the Experts: Digestive Disorders in Kids and Teens

Helping a child or teenager with ongoing digestive disorders, such as celiac disease, Crohn's disease, chronic constipation, IBS and others, can cause a parent many anxious and frustrated moments. Get expert advice for your child at this FREE panel discussion featuring three pediatric gastroenterologists: April Ulmer, M.D.; Sara Rippel, M.D., MSCI; and Angela Shannon, M.D.

Date: September 13

Time: 6 p.m.

Location: Baptist for Women Conference Center

Postmaster: Please deliver
within June 18–22.

Doctor Differences: What You Should Know

DID YOU KNOW THAT primary care doctors could have different specialties? It's true.

Many people's main doctor is a family practitioner or an internist. These doctors have distinct training backgrounds and care for different age groups.

Focusing on Family Practice

Family practitioners provide care to children, teens, and adults.

These doctors—sometimes called family physicians—receive training in internal medicine, pediatrics, obstetrics and gynecology, and other areas. They can help treat and prevent a range of conditions.

Understanding an Internist

Internists are specialists in adult medicine.

These doctors focus on the diagnosis, treatment, and prevention of diseases of the heart, blood, kidneys, skin, joints, and other areas. They can diagnose and treat a range of conditions, including cancer, infections, mental health, and substance abuse issues in adults of all ages.

Find a Primary Care Doctor

Baptist Medical Clinic has both family medicine and internal medicine specialists on staff, with locations throughout the metro Jackson area. Find the clinic nearest you online at www.mbhs.org/healthsource.



“Both internists and family physicians can coordinate your healthcare needs, provide health education, and help you manage acute and chronic illnesses,” says David T. Flemming, M.D., of Baptist Medical Clinic | Internal Medicine. “If you're not sure what your doctor's specialty is, just ask.”

Power of Pink: Celebrating Women's Health

The real Power of Pink is about a woman's ability to improve her total health, including her breast health. Join us for these important preventive health screenings for glucose, total cholesterol, blood pressure, and body mass index (BMI). Screenings are available by appointment beginning at 9 a.m.

Date: September 28

Time: 9 a.m. to 1 p.m.

Location: Baptist Medical Center Atrium
Appointments are limited, so register today! Call **601-948-6262**. Online registration is not available.

Baptist

HEALTH SYSTEMS

Leaders in Healthcare
Followers in Faith

The Editorial Board of Mississippi Baptist Health Systems, Inc.

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