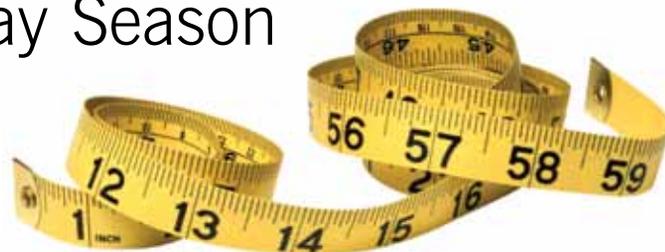




Watch Your Waistline This Holiday Season



DO YOU HAVE A WEAKNESS for your sister's cherry cheesecake, Aunt Jenny's casserole, or Cousin Beth's cookies? The holiday season is filled with tasty obstacles that can trip up your weight-loss goals. These five tips from the American Heart Association can help you get through the holiday season.

- 1. Be realistic.** It's no fun to be stressed out and trying to lose weight during the holidays. "Instead, aim to hold the line at your current weight," suggests Jana Malone, R.D., L.D., of Baptist Nutrition Center.
- 2. Shop smart.** Celebrate the season with festive and healthy items. Look for fat-free eggnog, apple cider, unsalted nuts, whole-grain crackers, fresh vegetable and fruit platters, and low-fat dips.
- 3. Keep hunger in check.** Have a light snack before going to a party so you won't be famished and overdo it.
- 4. Enjoy yourself.** Eat your favorite foods, but in small portions. Go easy on high-calorie beverages and be choosy at the buffet table—you don't have to sample everything.
- 5. Make an appointment with yourself to exercise.** Scheduling exercise can help you be more consistent.

"These same tactics can help you cope with birthday parties and other special occasions during the year," adds Malone. With a little care, you can enjoy that cheesecake without having to loosen your belt a notch.

Dietitians Can Help!

If you're planning to shed excess pounds after the holidays, get expert help from registered dietitians at Baptist Nutrition Center. Learn about weight management programs online at www.mbhs.org/healthsource.

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Four Must-Have Superfoods for Fall

recipe for health

Sweet Potato Pancakes

Ingredients

- 6 Cups peeled and finely shredded sweet potatoes
- 1 Cup finely shredded onions
- 1 tsp. salt-free herb seasoning
- 1 ⅔ Cups unbleached flour
- ⅓ Cup chopped fresh flat-leaf parsley
- 2 Cups finely shredded zucchini
- ¼ Cup lemon juice
- 1 ½ Cups egg substitute
- 6 tsp. canola oil, divided

Directions

In a large bowl, mix the sweet potatoes, onions, herb seasoning, flour, parsley, zucchini, lemon juice, and egg substitute. In a large nonstick frying pan or griddle over medium-high heat, warm 2 teaspoons of the oil. Drop a large tablespoon of the batter into the pan and spread it with a spatula to form a thin pancake. Add more batter to fill the pan without crowding the pancakes. Cook for about two minutes per side, or until golden and crispy. Remove from the pan and keep warm. Repeat, adding the remaining oil as needed, until all the batter has been used.

SERVES 8

PER SERVING

Calories 250

Total fat 5 g

Sodium 100 mg

Total carbohydrates 39 g

Fiber 4 g

Sugars 6 g

Protein 10 g

FRESH PRODUCE TASTES BEST in season—and it's cheaper. So welcome autumn's bounty with these nutritional superstars.

Greens like collards and kale grow in summer and fall, but colder weather makes them tastier. "They're high in antioxidant vitamins A and C and other nutrients that promote healthy vision and may lower cancer risk," says Lauren Magee, R.D., L.D., of Baptist Nutrition Center. Simmer, steam, or sauté chopped greens, or add them to soups or stews.

Sweet potatoes, harvested in fall, are one of the most nutritious vegetables around. High in the antioxidant vitamins A and C, sweet potatoes may help to boost your immune system. Store them at room temperature for use within a week, or up to a month in a cool, dry place between 55 and 60 degrees.

Pomegranates are in season September through December—but keep them in the fridge for up to two months. Eat the seeds or press them for juice. These tart jewels contain lycopene and other heart-healthy antioxidants. Cut the top off, score the outside lengthwise, and place in a bowl of water. Separate the scored sections, remove seeds under water, and strain. "The seeds can be packed in an airtight container and frozen for up to three months," says Magee.

Brussels sprouts are available all year, but peak in flavor during fall and winter. These cruciferous vegetables are high in vitamin C and cancer-fighting antioxidants. Steam, boil, or microwave sprouts after you've cut off yellow or wilted leaves, trimmed the stems, and carved a shallow X in the bases to improve heat penetration.



A Short Training Course in Weight-Training Safety

Weighing the pros and cons of weight lifting? "Potential health benefits include stronger muscles, increased bone density, less body fat, better muscle tone, and improved overall quality of life," says Brandi Derrick-Harrison of Baptist Healthplex-Jackson. But don't forget about these possible drawbacks: strains, sprains, fractures, and nerve damage.

To help avoid injury, take these precautions when pumping iron:

- :: When picking free weights up from the floor, lift with your legs—not your back.
- :: Never use equipment with loose or missing parts.
- :: Start slowly with light weights. When you're ready to add more pounds, ask a friend to spot you in case the load becomes too heavy to handle.
- :: Always wear shoes with good traction when you weight train.
- :: Breathe out as you're lifting weight. Breathe in when you lower it.
- :: Don't force it. If weight lifting hurts, stop.

Don't "Weight" Until You're Injured!

Exercise physiologists at Baptist Healthplex can help you use weights safely and effectively. Call **601-925-7900** in Clinton or **601-968-1766** in Jackson to find out about monthly membership fees.

Have You Been Screened for a Common Cancer?

MANY PEOPLE REGULARLY SCHEDULE their health checks for breast cancer or other diseases. But when it comes to screenings for cancer of the colon and rectum, a lot of us procrastinate.

“The fact is, this screening isn’t as bad as you think,” says oncologist Justin Baker, M.D. “It’s not painful, and it’s fast. A colonoscopy may take only 15 to 20 minutes.” That’s time well spent because screening can detect cancer in its early stages.

If you’re age 50 or older, get regular checks by any of the following methods:

- :: Fecal occult blood test, a test for blood in the stool, every year
- :: Barium enema and X-ray of the lower digestive tract, every five years
- :: Sigmoidoscopy, a procedure that checks the lower colon and rectum, every five years
- :: Colonoscopy, which checks the entire colon and rectum, every 10 years

“Ask your doctor if you should be tested earlier or more often,” says Dr. Baker. “Your doctor can explain each test. A colonoscopy is the best screening test for colon cancer.”



Lung Cancer: A Family Affair?

Lung cancer is the number one cause of cancer-related death for both men and women. “As you might guess, smoking remains the biggest risk factor,” says thoracic surgeon Michael Koury, M.D. More than 40 years of research have shown that lung cancer also tends to run in families. But, a recent study shows genes and gender also may increase your cancer risks—and not just for lung cancer.

Race Linked to Cancer Risks

In this study, researchers looked for cancer clues among both Caucasians and African-Americans diagnosed with lung cancer before age 50, and among their close relatives.

According to the study, if your father,

mother, sister, or brother is diagnosed with lung cancer, you’re almost twice as likely to develop it yourself. That’s true whether your family is Caucasian or African-American. But, you also may have a higher risk of developing other types of cancer, including:

- :: *Eight times* the risk for endometrial cancer, or cancer of the uterine lining, if you are a Caucasian woman
- :: *13 times* the risk for head and neck cancers, if you are African-American. These include cancers of the lip, mouth, and larynx.

For Smokers and Nonsmokers

If you smoke or have a family history of lung cancer, don’t miss our FREE seminar, “**Lung Cancer: What You Need to Know.**” See the calendar for details.

What You Can Do

These statistics can seem scary, especially because you can’t change your family’s genes. But, even if lung cancer runs in your family, you still can manage your risks. “It’s important to tell your doctor about your family medical history,” says Dr. Koury. “Your doctor can help you decide if you need to be screened for certain cancers.” Your doctor also may suggest lifestyle steps to lower your cancer risks.

High Cholesterol Carries High Cost for Women



WOMEN NEED TO KNOW THE RISK high cholesterol poses to their health, according to researchers. Recent studies show women are less likely to have cholesterol levels tested and less likely to have high cholesterol under control than men.

Too much artery-clogging LDL cholesterol can keep the heart from getting the blood it needs. This can lead to a heart attack. Insufficient amounts of artery-clearing HDL cholesterol also can contribute to heart disease.

Women with high cholesterol may have twice the risk for ischemic stroke compared with those who have lower cholesterol, according to a new study.

Monitor Cholesterol Regularly

“Health experts recommend women age 20 and older get their cholesterol checked at least once every five years,” says cardiologist H. Chris Waterer, M.D. “Some women may need more frequent screenings, including women who are older than 55 or have risk factors for heart disease.”

The best test—a lipoprotein profile—checks LDL, HDL, and total cholesterol levels, as well as triglycerides (another fat in the blood linked to heart disease). You need to fast for nine to 12 hours before the test.

Diet, Exercise Help Control Cholesterol

Ideally, total cholesterol should be lower than 200 mg/dl and LDL levels less than 100 mg/dl. Also best: HDL at 60 mg/dl or higher, and triglycerides lower than 150 mg/dl.

for Women

A simpler test for total and HDL cholesterol doesn't require fasting, but provides only limited information. If this test shows your total cholesterol is more than 200 mg/dl or your HDL is less than 40 mg/dl, get the lipoprotein profile test.

“Maintaining a healthy weight, eating a low-fat diet, and exercising can help lower LDL and raise HDL cholesterol,” says Dr. Waterer.

To help keep cholesterol in its optimum range, limit the amount of fat and cholesterol you eat; increase soluble fiber like oats, beans, and apples; and get at least 4.5 cups of fruits and vegetables daily. Recent research shows tomatoes and tomato-based products may be especially good at raising HDL cholesterol.

» Join Us!

Find out how heart disease affects women at our FREE seminar, **“Women: Challenges of the Heart.”** See the calendar for details.

» Add Fun to Your Shopping List



Planning to shop your heart out at Mistletoe Marketplace? Join Baptist for the **“Straight from the Heart Luncheon.”** Enjoy the fashion show and guest speaker Leigh Anne Tuohy, whose relationship with football player Michael Oher inspired the Oscar-winning movie *The Blind Side*.



7 Steps to a Healthier Heart

HOW'S YOUR HEART? A new seven-point checklist from the American Heart Association (AHA) can help you answer that question. "The assessment is based on health measures called 'Life's Simple Seven'—seven areas where changes can help you avoid heart disease and stroke," explains cardiologist James Warnock, M.D.

What's Ideal?

The AHA wants people to understand the connection between how they live and their heart health. The new program sets seven goals:

1. **Manage blood pressure.** Ideal is below 120/80 mm Hg.
2. **Keep total cholesterol less than 200 mg/dl.**
3. **Reduce blood sugar.** Fasting blood sugar below 100 mg/dl is best.
4. **Avoid smoking.**
5. **Pay attention to your body mass index (BMI).** This number is based on your weight and height. "Strive for a

»» Take the First Step

Get all the facts about this important topic at our FREE seminar "Life's Simple Seven: Maintaining a Healthy Heart." See the calendar for details.

Recognized Care for Heart Attack and Heart Failure Patients

The Joint Commission has granted Baptist Cardiovascular Services with Disease-Specific Certifications in Acute Coronary Syndrome and Heart Failure. Baptist is the only hospital in Mississippi to earn these recognitions. Because The Joint Commission standards are regarded as the most rigorous in the industry, The Joint Commission-certified disease management programs have demonstrated compliance with the most stringent standards of performance.

weight that gives you a BMI of 25 or less," says Dr. Warnock.

6. **Stay active.** Aim for at least 150 minutes of moderate exercise or 75 minutes of vigorous exercise weekly.
7. **Eat a healthy diet.** Eat more fruits and vegetables and two servings of oily fish, such as salmon, every week.

Know Your Numbers

Look at your current weight, smoking habits, amount of exercise, and eating habits to give you an idea of how your heart is faring. "Learning your blood pressure, cholesterol, and blood sugar levels will offer an even more accurate picture," says Dr. Warnock. Armed with this information, you'll know which areas to concentrate on and what steps to take to improve your heart health.

Get Your Heart Score

Find the AHA assessment tool, called My Life Check, online at www.heart.org/mylifecheck. The website helps you set heart-health goals and offers tips on meeting them.

Avoiding a Heart Failure Emergency

One trip to the ER for heart failure often leads to another, says a study in *Circulation: Heart Failure*. While it is difficult to cure heart failure, patients can take action to slow its progress and stay healthier longer:

- :: **Mind your medicines.** Never stop taking medicine or change the dosage without asking your doctor first.
- :: **Weigh in.** Weigh yourself each day at about the same time on the same scale. "Heart failure can cause fluid to collect in your body and result in sudden weight gain, along with swelling in the feet, legs, or abdomen," explains cardiologist Douglas Harkins, M.D. "Watch out for weight gain of 3 pounds or more in a day or two, or 5 pounds or more in a week."
- :: **Eat right.** Stick with a diet low in salt, fat, and cholesterol. Eat plenty of potassium, found in bananas, beets, and green vegetables. "Drugs used to treat heart failure can deplete this mineral," says Dr. Harkins.
- :: **Stay active.** Ask your doctor what kinds of physical activity are right for you.
- :: **Plan ahead.** Discuss with your doctor when to get emergency care.

Take These Five Steps to Stem Your Risk for Breast Cancer



EVERY YEAR, thousands of women hear the frightening words, “You have breast cancer.” Now here are some encouraging words: You might be able to lower your risk for this disease by following some smart lifestyle strategies.

Managing Your Risk

Some risks for this disease cannot be changed. “For one thing, you’re more likely to develop it as you get older,” says surgical oncologist Phillip B. Ley, M.D., FACS. “Those whose mothers, sisters, or daughters have had breast cancer also face a higher risk.” Ethnicity also plays a role. For example, breast cancer develops more often in Caucasian women than in African-American, Hispanic, or Asian women.

But you may be able to change some other risk factors:

- 1. Scale back.** Obese women are more apt to get breast cancer, while lean women enjoy a lower risk.
- 2. Stay on the move.** Studies indicate there’s a lower rate of breast cancer in women who exercise.
- 3. Don’t tip your glass too often.** Having one to two alcoholic drinks a day can increase your risk.
- 4. Clear the smoke away.** In a study of more than 16,000 women, the rate of breast cancer among current smokers was about 30 percent higher than in nonsmokers. Wondering if it’s too late to quit? Here’s some good news: The women who had once smoked but quit did not have a higher breast cancer risk.
- 5. Cut the fat.** Your risk for breast cancer rises along with the amount of fat in your diet. Limiting fat, especially saturated fat, may curb your risk.

Catch Cancer Early

When breast cancer does strike, it’s very important to catch it in its early stages, when it’s most treatable. Mammography can help, but its benefits and limitations vary based on factors like age and personal risk. Experts have different recommendations for mammography. Currently, the U.S. Preventive Services Task Force recommends screening every two years for women ages 50 to 74. The American Cancer Society recommends yearly screening for all women ages 40 and older. “Talk with your doctor about your personal risk factors before making a decision about when to start getting mammograms or how often to get them. Also ask your doctor if you need a clinical breast exam,” concludes Dr. Ley.

Low-Cost Mammograms

Baptist has Mississippi’s only program accredited by the National Accreditation Program for Breast Centers (NAPBC), a program administered by the American College of Surgeons. Find out about our low-cost screening mammogram program online at www.mbhs.org/healthsource.

Thinking About Getting Your Tubes Tied?

IF YOU'RE CONSIDERING birth control options, getting your tubes tied—or tubal ligation—might be right for you. Here are answers to your questions about this permanent procedure.

What Is Tubal Ligation?

“Tubal ligation is surgery that closes off your fallopian tubes,” explains Erica Ory, M.D. “When the tubes are closed, your egg can’t reach the uterus and sperm cannot get to the egg to fertilize it.” The procedure can be done at any time, including after giving birth. Less than one in 100 women become pregnant after the procedure.

Who Are Candidates?

The procedure is an option for women who are certain they don’t want to have more children. “But you should be sure about your decision. Reversing it is complicated, often not successful, and expensive,” cautions Dr. Ory.

What Happens in Surgery?

Tubal ligation takes place in an operating room under anesthesia. Commonly,

your surgeon will make one or two small cuts in your belly and use small instruments to close your tubes by tying, banding, clipping, or sealing them with an electric current. This takes about 30 minutes. “Newer procedures done through the cervix do not require incisions,” adds Dr. Ory. “There are pros and cons to both kinds, so talk with your doctor.” With both, most women can go home the same day.

What Is Recovery Like?

You might feel tired and have some stomach cramping or shoulder pain for

a couple of days. Take it easy and avoid heavy lifting for about a week. Wait to have sex until you feel comfortable, generally after about a week. If you had the procedure after giving birth, you’ll need to wait at least four weeks.

»» Just for Women

Tubal ligations at Baptist are done in our Center for Surgery at Baptist for Women. Located on the ground floor for easy access, it is designed specifically for women’s procedures.



Get Control of Your Stress ... and Blood Sugar

You’re running late. Your boss is cranky. The car just died.

Stress can occur daily. “But if you have diabetes, stress is more than unpleasant. It can affect your blood sugar levels,” says Michael C. Livingston, M.D.

People under stress may be less likely to take good care of themselves, meaning that meal planning and checking glucose levels might fall by the wayside. This results in poor blood sugar control. “Also, hormones released under stress can directly affect blood sugar levels,” adds Dr. Livingston.

If you can, make changes to sources of ongoing stress. For example, look for a new job or reconcile a bumpy relationship. To better cope with sources of stress that you can’t change,

follow these tips:

- :: Relax with deep breathing at least once daily.
- :: Exercise on most days of the week.
- :: Take up a hobby.
- :: Seek professional help from a counselor or therapist.

Excellence in Diabetes Education

Baptist’s Outpatient Diabetes Education program earned Disease-Specific Certification from The Joint Commission. Join us for our monthly diabetes support group. Get details online at www.mbhs.org/healthsource.

Conquer Cold Season: What Really Works?

Another cold season is here, and if you're like most adults, you'll get one to three bugs this year. You've probably heard claims that certain pills, potions, or practices can prevent this. But do they work? Here's what the science says:

Zinc. This mighty mineral can shorten colds, according to a recent research review. For best results, suck on a zinc lozenge at the first sign of a sniffle.

Vitamin C. Getting about 1 gram of vitamin C daily can reduce your cold symptoms by a day or two. "Real foods are the best sources. Choose citrus fruits, broccoli, potatoes, and tomatoes," says Leslie Robinson, C.F.N.P.

Sleep. In one study, people who got less than seven hours of shut-eye were almost three times as likely to catch a cold as those who got eight hours or more. When you have a cold, rest won't shorten it, but it may help you feel better.

Exercise. People who get moving on five or more days a week are about half as likely to catch colds. And when they do start sneezing, their illnesses are shorter and less severe.

"Washing your hands frequently with soap and water is still the simplest, most effective way to avoid a cold," urges Robinson.

Got a Cold?

If you need help fighting a cold, Baptist Medical Clinic | Convenient Care offers extended hours. Visit our clinic inside Wal-Mart in Flowood. Get details online at www.mbhs.org/healthsource.



Everyday Activities that Improve Memory



YOU'VE PROBABLY HEARD that chess and puzzles help keep your brain sharp. But not everyone has the extra time to spend on the day's Sudoku. Good news: You can improve your memory while doing useful tasks.

"These activities can help you remember things now and also fight future memory troubles," says Mark Rester, M.D. "They may already be a part of your daily routine."

- :: **Keep up-to-date.** Read the newspaper or listen to the radio. Talk with others about what you've learned. Social interaction fights forgetfulness.
- :: **Make a note.** Write down important information, such as appointments and medication schedules. Make to-do lists and plan your days ahead of time. Keep related jots in the same visible

place. Review them twice per day.

- :: **Do the math.** Count out change, or balance your checkbook by hand.
- :: **Ease stress.** Incorporate meditation or other relaxation techniques into your schedule. "Anxiety can cause memory lapses," explains Dr. Rester.
- :: **Turn off the tube.** At least one study suggests watching more TV increases risk for Alzheimer's disease. Pick up a book instead.
- :: **Work it out.** Physical activity helps your brain as well as your body. It increases blood flow to the brain and reduces risk factors for memory loss. Watch out for serious memory problems. "If you repeatedly ask the same questions, get lost in places you know well, or forget how to take care of yourself, see your doctor," says Dr. Rester.

»» Learn About Memory Loss

If you are concerned about signs of forgetfulness in someone you love, don't miss our FREE seminar "Remember You, Remember Me." See the calendar for details.

Battle Teen Obesity with Healthy Family Meals



OUR NATION'S TEENS face a weighty issue—almost one in five is obese. A new study in the *American Heart Journal* suggests that it's not genes, but unhealthy habits, that contribute most to adolescents' extra pounds.

A new study in *Health Education & Behavior* offers an antidote. "What happens at home has a strong influence on teens' habits," says Amanda Nicols, M.D. "Parents can make a difference in their child's health, one meal at a time."

Good-Food Basics

During the turbulent teen years, the family dinner table serves as a source of comfort and stability. And when healthy foods are on the menu, adolescents form positive habits that last the rest of their lives.

Aim to sit down together at least four nights per week. Make sure meals include these basics for a healthy diet:

- :: Lots of fruits and vegetables
- :: Whole grains instead of white or refined breads and pastas
- :: Fat-free or low-fat dairy products
- :: Lean meats, fish, beans, eggs, and nuts

Putting It Together

How do you transform these ingredients into tasty meals for your whole clan? Once each week, sit down and plan seven days of healthy breakfasts, lunches, and dinners. Make a shopping list based on your meal plan. "It also helps to get your children involved in meal preparation. This can help motivate them to try healthy new foods," says Dr. Nicols.

Not only does family mealtime help your teens, it may have benefits for you. Adults with children who eat family meals tend to weigh less, a new study finds.

»» How to Talk to Your Daughter

Moms, help your pre-adolescent daughter prepare with confidence for the changes coming ahead in her body. See the calendar for details about our "Mother/Daughter Brunch."

about children

Treat a Fever—Or Wait It Out?

If you run to the medicine cabinet every time your little one runs a fever, experts urge you to reconsider.

A fever isn't harmful by itself; it's a sign your child's body is fighting an infection. In fact, the fever itself may help fight off the infection.

Give your child plenty of fluids. If you must use medication to keep your child comfortable, choose only one, such as ibuprofen. Call the doctor if a baby's temperature climbs higher than 100.4 degrees or if an older child's reaches 103 degrees.



» Cancer News

Think Pink All Year Long

Pink is the color of October, but women should “think pink” year-round. Join us for a comprehensive overview of breast health and meet physicians at Baptist who are offering expertise and hope with ways to prevent, detect, and treat breast cancer. Speakers include James Burkhalter, M.D.; Phillip Ley, M.D., FACS; and Grace Shumaker, M.D.

Date: October 11

Time: 11:45 a.m.

Location: Baptist Madison, Community Room

Cost: \$5 for optional lunch

Lung Cancer: What You Need to Know

If you smoke or have a family history of lung cancer, don't miss this seminar featuring thoracic surgeon Michael Koury, M.D. Find out what you should do if you are at high risk for lung cancer. Learn about advances in available treatments.

Date: November 17

Time: 11:45 a.m.

Location: Baptist Healthplex–Clinton

Cost: \$5 for optional lunch

» Heart Health Now

Life's Simple Seven: Maintaining a Healthy Heart

Maintaining a healthy heart doesn't have to be complicated. Join cardiologists James Warnock, M.D., and Doug Harkins, M.D., as they break down the seven simple steps recommended by the American Heart Association for optimum heart care.

Dates/Locations:

October 18, Baptist Madison,

Community Room

October 21, Baptist Healthplex–Clinton

Time: 11:45 a.m.

Cost: \$5 for optional lunch

Women: Challenges of the Heart

Heart disease can occur in men and women very differently. For example, do you know what role female hormones play in heart health? Join Baptist's cardiologists to find out what specific challenges women face and what to do about them.

Dates/Locations:

November 11, Baptist Madison, Community Room (Chris Waterer, M.D.)

November 15, Baptist Healthplex – Clinton

(William Harper, M.D.)

Time: 11:45 a.m.

Cost: \$5 for optional lunch

Heart Defect? Receive the Gift of Stroke Protection

If you've experienced a TIA or stroke related to a heart condition called patent foramen ovale (PFO), you may be taking blood thinners. In this seminar with cardiologist William H. Crowder, M.D., learn about a procedure to repair the PFO, possibly ending the need for blood thinners.

Date: December 14

Time: 11:45 a.m.

Location: Baptist Madison,

Community Room

Cost: \$5 for optional lunch

» For Women

Mother/Daughter Brunch

Your pre-adolescent daughter may already have questions about changes in her body. At this brunch, OB/GYN Barbie Sullivan, M.D., will help prepare your daughter for

Breakfast with Baptist



This special morning program for cancer patients and their family members will provide just the help you need to get the most from the holidays. Be kind to yourself. Set aside time for these encouraging seminars:

- Emotions During the Holidays (Trudye Garraway, R.N., M.S., O.C.N.)
- Relaxation Techniques (Barbie Lynn Scobee, L.M.T. 799)
- Holiday Nutrition Tips (Brittany Simmons, R.D., L.D.)
- Ease the Worry of the Big “C” with the Peace of the Small “C” (Creativity) (Mina Li, M.D., Ph.D., C.S.M.)
- Listen to Your Body: Cancer Care for Busy Days (Justin Baker, M.D.)

Date: November 9

Time: 8:30 to 11 a.m.

Location: Hederman Cancer Center

Cost: \$3 per person, including breakfast



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.

what's ahead. Hart Wylie, L.P.C., of the Shepherd's Staff, will discuss self-image, relationships, communication, and emotions.

Dates/Locations:

October 29, Baptist Madison, Community Room

December 10, Baptist for Women

Time: 9:30 to 11:30 a.m.

Cost: \$5 per person

Less Pain, Faster Recovery: Robotic Minimally Invasive Surgeries for Women

Thanks to robotic technology, such surgeries as hysterectomies and myomectomies can now be done with small incisions. Join John Wooley, M.D., as he explains how it works. Also see a robot demonstration.

Date: November 10

Time: 11:45 a.m.

Location: Baptist for Women

Cost: \$5 for optional lunch



Intimacy: Is Your Spark Gone?

During intimate times, does your body feel unresponsive? You aren't alone. Four out of 10 women sometimes feel this way. But if it is upsetting you or your spouse, help is available. Pelvic Health Specialist Mickie Autry, Ph.D., N.P.-C., will explain effective medical strategies.

Date: November 15

Time: 6 p.m.

Location: Baptist for Women

>> All in the Family

An Update on Shoulder Replacement Surgery

New techniques in shoulder replacement surgery are opening up a whole new world of possibilities for people with severely limited movement and terrible shoulder pain. Join orthopaedic surgeon Rhett Hobgood, M.D., to find out if surgery may help you.

Date: October 10

Time: 11:45 a.m.

Location: Baptist Healthplex-Clinton

Cost: \$5 for optional lunch

Remember You, Remember Me

Are you concerned that your parents or loved ones seem more forgetful than usual? It's important to know what's part of normal aging, and what may be an early sign of dementia. Join Mark Rester, M.D., of Baptist Senior Services to find out when and how you should seek help.

Date: October 12

Time: 11:45 a.m.

Location: Baptist Madison, Community Room

Cost: \$5 for optional lunch

Do You "Kneed" a New Joint?

If you are living with constant pain in your knees that pain relievers can't touch, you should consider a partial or total knee replacement. Join orthopaedic surgeon Jeff Almand, M.D., to learn how the latest technology is making this surgery more precise.

Date: October 14

Time: 11:45 a.m.

Location: Baptist for Women Conference Center

Cost: \$5 for optional lunch



The Cute Shoes Made Me Do It: Help for Bunions

If you can't say no to cute shoes, you may be paying a price in the form of unsightly and painful bunions. It's time to stop hurting. Join orthopaedic surgeon Jamey Burrow, M.D., to find out your options for this common foot disorder.

Date: November 14

Time: 11:45 a.m.

Location: Baptist Madison, Community Room

Cost: \$5 for optional lunch

Oh, My Aching Legs

If you are experiencing a particular leg pain brought on by standing, made worse by walking, and relieved by bending forward at the waist or sitting, this seminar is for you. Don't miss neurosurgeon Eric Amundson, M.D., as he explains how minimally invasive decompression and fusion can help.

Date: December 6

Time: 11:45 a.m.

Location: Baptist for Women

Cost: \$5 for optional lunch



Online registration available for most classes. Visit www.mbhs.org today!

Postmaster: Please deliver
within September 19-23.

Lighten That Load, Save Your Back This Winter



FROM BOXES OF PRESENTS to suitcases packed for Grandma's house, winter is full of heavy lifting. Keep your back healthy with these tips from neurosurgeon Eric Amundson, M.D.

- ⚡ If something is too heavy, don't try to pick it up. Ask for help or break it into smaller loads.
- ⚡ No matter how limber you are, do some stretching before you pick up any heavy object.
- ⚡ When you lift a large load, keep your back straight. Don't bend over to pick up a parcel. Instead, lift from your legs and hips.
- ⚡ Choose luggage made of lightweight materials and with wheels, especially

for plane trips. Plan carefully and pack only what you need.

- ⚡ Carry heavy items close to your body. Shift positions frequently. Distribute the weight of bags and briefcases equally on both sides.
- ⚡ Don't twist your body while carrying a heavy load. Point your toes in the direction you want to move and turn in that direction.
- ⚡ Seek help from your doctor for back pain that lasts longer than a few days or gets worse.

Find Relief from Pain

Lower back issues can also create leg pain. Learn about good treatments that can help at our seminar "Oh, My Aching Legs." See the calendar for details.

Strength in Pink Honors Breast Cancer Survivors

Baptist for Women is partnering with WLBT again this October for "Power of Pink." The month-long activities will encourage women to call their doctors and schedule their annual mammograms. Be sure to come by Highland Village on October 7 for the "Strength in Pink Ceremony" honoring breast cancer survivors. Throughout the day, people can register for a \$1,000 shopping spree at Highland Village.

Check out all the Power of Pink events online at www.mbhs.org/powerofpink. Nominate a breast cancer survivor for the Strength in Pink recognitions online at www.wlbt.com.

Date: October 7
Time: 4 to 5:30 p.m.
Location: Highland Village

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