

*Health*  *You*



**2012**

# Dr. Reid: 20-plus years in medical practice

Dr. Jack Reid has been practicing medicine in the area for the past 19 years. He opened his current internal medicine practice in his hometown in 2003.

Reid, who became board certified in Internal Medicine in 1988, is a member of the American College of Physicians.

Dr. Reid's patients can choose any of the area hospitals they prefer, including Ochsner, Baton Rouge General Health Center, Baton Rouge Medical Center, and Our Lady of the Lake.

Dr. Reid attended Denham Springs schools and graduated from Denham Springs High School in 1977, from LSU with a Baccalaureate in Zoology, then from LSU School of Medicine with a doctorate in medicine. He subsequently completed three years of Internship and Residency training in Internal Medicine at the University of Texas Medical Branch in Galveston. He returned to Denham Springs after another year of graduate work at New Orleans Baptist Theological Seminary and after working a year in medical missions in Africa.

The practice of internal medicine

includes primary care illnesses such as coughs and colds as well as treatment of ongoing diseases such as high blood pressure, diabetes and high cholesterol. In particular, internists treat complicated patients. It is not unusual for an internist to treat patients who have three or four active problems. Sometimes one problem can be affected by the treatment of another problem. An internist watches for these kinds of "interactions" and chooses treatments carefully. Drug interactions especially have to be avoided.

Internists often work closely with other specialists such as a heart doctor who may not be able to see a patient except once every few months with the internist filling in the gaps and treating for problems whether heart related or some other illness. Internal medicine doctors do not perform surgery or treat children. They are "doctors for adults."

The office is located at 1585 S. Range Ave. Suite 100 (next to Denham Springs Urgent Care). Office hours are 8 a.m. to 4 p.m. Monday through Thursday and 8 a.m. to noon Friday. For more information call 225-791-3117.



The clinic staff includes (from left) Dee Dupree, receptionist, Sandra Tassin, medical assistant, and Dr. Jack Reid Jr.



**Jack R. Reid, Jr., MD**  
INTERNAL MEDICINE



- \* PRIMARY CARE FOR ADULTS
- \* BOARD CERTIFIED IN INTERNAL MEDICINE
- \* MEMBER AMERICAN COLLEGE OF PHYSICIANS



**MOST INSURANCES ACCEPTED**  
**1585 SOUTH RANGE AVENUE**

**SUITE 100**  
(next to Denham Springs Urgent Care)

**MONDAY thru THURSDAY**  
**8:00 A.M. to 4:00 P.M.**

**FRIDAY**  
**8:00 A.M. to NOON**

**(225)791-3117**



# Denham Springs Urgent Care

*A Limited Liability Company*

## CLINIC FEATURES

- \* NO APPOINTMENTS!
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- \* Immunizations & Injections
- \* Vision & Hearing Screens
- \* Full-Service X-Ray & Lab
- \* Most Insurances Accepted
- \* Short Wait Times
- \* 13 Examination Rooms
- \* Physical Examinations
- \* Alcohol & Drug Screens

**1585 South Range Avenue  
Denham Springs, LA**

**225-791-0002**

Monday thru Friday 8am to 8pm  
Saturday 10am to 4pm

## WALK-IN CLINIC

# Denham Springs Urgent Care

## Prompt treatment for patients of all ages



Denham Springs Urgent Care has been treating the members of our community for 14 years. They not only continue seeing patients that have already been to the Clinic, they are inviting any and all new-comers. The staff and owners of the clinic are extremely grateful for all of the loyalty and patronage that the community has shown.

Denham Springs Urgent Care is nestled in the heart of Denham Springs next to the interstate. Dr. Paul Abide, along with other local ER physicians, took the opportunity in 1998 to open one of the first urgent care facilities in the state.

Dr. Paul Abide, along with John Marino FNP-C treat patients in the Livingston Parish area as well as handling occupational medicine patients for local regional and national businesses. They also work with other local doctors by treating their overflow, after hours, and acutely ill patients.

The clinic treats patients who are twelve months old and up. Evaluation and treatment of several medical illnesses include sinusitis, sore throat, tonsillitis, pink eye, ear infections, bronchitis, asthma, walking pneumonia, ear infections, pleurisy, vomiting and diarrhea, heart burn and indigestion, urinary tract and bladder infections, heat exhaustion and MRSA infections, just to name a few. The clinic is also equipped to treat non-life threatening injuries such as fractures, sprains, minor cuts and other soft tissue injuries. Patients are normally seen on a first-come first-serve basis unless circumstances dictate otherwise.

D.S.U.C.'s laboratory department is nationally certified by COLA and is subject to the same standards and regulations as labs located inside hospitals and regional testing centers. Approximately 95% of the lab tests ordered by the D.S.U.C. providers are



**Dr. Paul Abide, Jr., (left) and John Marino, APRN, FNP-C, with Denham Springs Urgent Care, sit between a digital X-ray image computer.**

run on the premises and the results are completed prior to the patient's discharge.

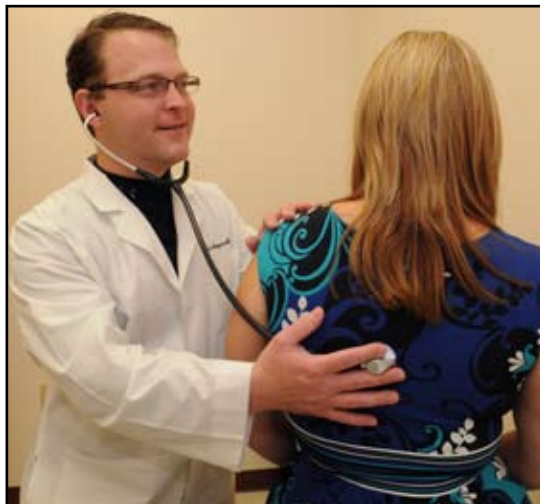
The clinic's addition of digital imaging equipment allows for patients to receive less exposure to potentially

harmful x-rays and ensures the delivery of higher quality images to the provider treating the patient. The separate X-ray department is staffed with nationally registered Radiologic Technologists whenever the clinic is open.

Office hours are Monday through Friday 8 a.m. to 8 p.m. and Saturday from 10 a.m. until 4 p.m. Any questions about the clinic or the services they provide should be directed to Lloyd Hall at 791-0002.

# Louisiana Family Medicine

New practice tries  
exciting cost-effective  
medical options



**Dr. L. Lee Montgomery examines a patient in his practice on Perkins Road. Members who join Louisiana Family Medicine for \$29.95 a month are assured low-cost doctor visits and tests by avoiding the complications of insurance.**

**BATON ROUGE**— The world of modern day health care can be complex and expensive, yet it doesn't have to be either.

Two years ago Dr. L. Lee Montgomery, while practicing in McComb, Miss., came across a simple alternative that almost seemed too good to be true: A system in which patients pay a modest monthly fee for access to low cost, high quality health care. The reason it works is both doctor and patient get to bypass the insurance bureaucracy, which leads to sometimes dramatic savings in the delivery of health care.

That idea took root in Baton Rouge this March when Dr. Montgomery opened Louisiana Family Medicine at 8342 Perkins Road, Suite M. For \$29.95 a month a patient becomes a member and then pays \$50 for an office visit and \$10 for most lab tests.

Montgomery hopes his simplified model will appeal to people who don't have health insurance or are covered by high deductible plans and small businesses that can't afford to provide coverage to their workers.

"We are a new kind of physician office, marrying quality primary care with affordability," Dr. Montgomery said. "We care for our patients and we don't let insurance companies interfere with that relationship."

In addition to the low-cost office visits, Louisiana Family Medicine offers \$10 Skype video-chat visits that are sufficient in many instances such as a follow-up consultation in which the doctor does not need to do a hands-on physical exam.

Montgomery also accepts insurance patients, but he does not allow insurance companies to drive the process. His practice is all about keeping things simple and avoiding unnecessary costs. For example, he has no X-ray machine or other imaging equipment and no in-house lab.

"I tried to remove all the things that,

if you look at studies, inflate costs," Dr. Montgomery said. Studies show that doctors with X-ray machines in their office order more X-rays and doctors with labs order more lab work. If lab work is needed, it is available, but if it is not, patients don't have to pay more to offset higher overhead for the doctor. They pay only for the care they need.

The care they receive is provided by a highly qualified physician who will treat patients ages 5 and up. Dr. Montgomery is Board Certified by the American Board of Family Medicine. A native of Mississippi, he received his BA in Chemistry from Millsaps College, where he graduated as Valedictorian, Summa Cum Laude and Phi Beta Kappa, receiving the President's Medal. He went on to earn his M.D. from Vanderbilt University School of Medicine, where he received the Consummate Physician Award by the prestigious Canby Robinson Society.

He furthered his training as an Intern and Resident in Family Medicine at Florida Hospital, the largest hospital in the state.

Dr. Montgomery has been elected Fellow of the American Academy of Family Physicians.

To contact Louisiana Family Medicine, call (225)-218-4044.



## LOUISIANA FAMILY MEDICINE

Making Quality Healthcare Affordable

**\$50**

**DOCTOR  
VISITS**

**LABS**

**\$10**

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**skype™  
VISITS**

**MONTHLY  
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**\$29<sup>95</sup>**

**L. Lee Montgomery, M.D.**

Fellow of American Academy of Family Physicians

8342 Perkins Rd., Suite M  
Baton Rouge, LA 70810  
**(225) 218-4044**

Learn More @  
**LFMBR.com**

# Elite specialists in pain relief, quality of life

Walker chiropractor Ron W. McMorris, DC at Elite Chiropractic Sports and Nutrition specializes in pain relief for a wide range of symptoms and conditions. His ultimate goal is a higher quality of life for everyone.

“At our Walker chiropractic office, you will receive the best care through state of the art chiropractic techniques and technology, and an individualized treatment plan,” Ron said.

The office is located on the east side of the I-12 intersection with La. 447, next to La Quinta Inn.

The office also includes Elite Physical Therapy and Wellness, a rehabilitation facility with specialized services to restore and maintain physical strength and performance skills.

Ron knows that injuries can happen anytime.

“People will apologize for calling me on the weekend, but I’m gratified to know that I was the first person they turned to.”

Many of those emergency calls come from parents and from coaches. McMorris is director of sports medicine for Walker High School, and has a Certified Athletic Trainer on campus every day, evaluating

and overseeing treatment.

Simple sprains and strains can be handled at the office, but sometimes the problem is more serious.

“If our digital x-rays find a fracture, we determine whether it requires emergency room treatment. We can often stabilize the injury and make a referral to an orthopedist. Our relationships with physicians allow us to get appointments without delay.”

If surgery is required, Elite offers follow-up Physical Therapy.

Local junior high and elementary schools, rodeo arenas, and the Mardi Gras Gators Basketball teams use McMorris’s sports injury program.

Ron W. McMorris is a native of Livingston Parish, who came home after training with top practitioners.

McMorris received his undergraduate degree in Athletic Training from Southeastern Louisiana University.

His Doctoral degree is from Texas Chiropractic College, where he was named Student of the Year two out of his three years there. McMorris was also awarded the Keeler Plaque award upon graduating.

“I worked for several very successful



**The elite staff (from left) Marvin Louviere, Owner; Erika Chausser, ATC; Cheryl Jeane, PT; Becky Lemoine, Office Manager; Lauryn Caston, Tech; Dr. Ronald McMorris, Owner.**

doctors, learning from the best,” McMorris said. “We have established a reputation of excellence in the treatment of sports injuries, but we are here for anyone who says ‘ouch’ when they stand up.”

For more information about the services offered by Elite Chiropractic Sports and Nutrition and Elite Physical Therapy and

Wellness, call 271-4083.

On Mondays, the clinic is open between 7a.m. and 7p.m., and is closed from noon to 2 p.m.

On Tuesdays, the hours are 8 a.m. -7pm, and closed from noon-2 p.m.

Wednesdays, the clinic hours are 2- 5 p.m. Thursdays are 2 -7 p.m.

Our focus is **YOU.**  
YOUR BODY, YOUR GOALS,  
YOUR QUALITY OF LIFE!

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Chiropractic  
www.MyEliteChiro.com

Ron McMorris DC, ATC, CSCS • Cheryl Jeane, PT

Hours: Monday - Friday (7am - 7pm)  
Saturday (By Appointment Only)

We accept all major insurances, worker's man  
compensation, and personal injury cases.

**NOW OPEN**  
**Elite**  
Physical Therapy  
www.ElitePTWellness.com

# Heart Clinic of Hammond team brings cutting edge treatments

**HAMMOND** — The Heart Clinic of Hammond just grew stronger in the fight against America's number one killer, heart disease. Dr. Ghiath Mikdadi welcomes cardiologists Dr. Ali H. Reza and Dr. Frank J. Arena FACC, FSCAI, to his team that specializes in the treatment of the heart and circulatory systems, a branch of medicine that has seen revolutionary advances in recent years.

The Heart Clinic of Hammond is located at 16033 Doctor's Blvd., directly across from North Oaks Medical Center and includes a complete medical vein clinic specializing in the treatment of vein diseases such as varicose veins. Varicose veins are generally a marker for leaking veins below the skin. This can cause swelling (edema), skin darkening, cramping, leg fatigue and "restless legs."

The cardiologists also treat blood clots in deep veins (DVT). "We actually remove the clots from the veins and they return to normal or near normal functioning," said Dr. Arena. Like many heart and circulatory problems, DVT is best treated soon after the

problem starts.

Dr. Arena is board certified in General and Interventional Cardiology, Echocardiography, Nuclear Cardiology, and Internal Medicine. He earned his medical degree and completed residency in Internal Medicine at Louisiana State University in New Orleans and received post-doctoral training in Cardiology at the University of California-Davis Medical Center and Training in Interventional Cardiology and Vascular Medicine at the Cardiovascular Institute of the South. Dr. Arena is a published author in national journals on various subjects related to cardiac and vascular disease. He also is a regular speaker at national meetings, discussing emerging trends in the fields of cardiovascular disease.

Dr. Ali H. Reza is one of the few doctors in our area board certified in both Vascular and Endovascular Medicine along with certifications in Internal Medicine, General and Interventional Cardiology, and Interventional Vascular. Dr. Reza did his Internal Medicine internship and residency at the State University of New York



**Dr. Frank Arena**



**Dr. Ali Reza**



**Dr. Ghiath Mikdadi**

the Baylor College of Medicine and Cardiology Fellowship at LSU Medical School. He is board certified by the National Board of Echocardiography, Certification Board of Nuclear Cardiology,

American Board of Internal Medicine-Cardiovascular Disease and the American Board of Internal Medicine. He has been practicing cardiology in the Hammond area since 2001 and is on the medical staff at North Oaks Medical Center, Cypress Pointe Surgical Hospital, and Ochsner Health Center on O'Neal Lane in Baton Rouge.

The Heart Clinic of Hammond accepts all major insurance companies as well as People's Health. Call 985-974-9278 or visit [www.hammondheart.com](http://www.hammondheart.com). Office hours are Monday-Thursday, 8 a.m. to 5 p.m., and Fridays from 8 a.m. to 3 p.m..

at Buffalo with a fellowship in Nephrology and completed a fellowship in Cardiology at Tulane School of Medicine.

"A person should pay attention if his doctor says it would be a good idea to be checked out by a cardiologist," Dr. Mikdadi said. "People who think they may have symptoms do not need to fear a diagnosis these days. They can look forward to effective treatment."

Dr. Mikdadi earned his medical degree from the Jordan University of Science and Technology, completed his Internal Medicine Internship and Residency at

## Our Heartbeat Just Grew Stronger!



## Heart Clinic of Hammond, LLC

Please join **Dr. Ghiath Mikdadi** and his staff in welcoming **Dr. Frank Arena** and **Dr. Ali Reza** to the cardiovascular team of the **Heart Clinic of Hammond, LLC**.

*Board Certified physicians in **Interventional / Non-Interventional Cardiology, General / Interventional Vascular, Endovascular, Internal and Nuclear Medicine.**  
Also specializing in the **treatment of vein diseases** such as **varicose veins, deep vein thrombosis, peripheral arterial disease and limb salvage.**  
All major medical insurance providers are accepted. Proud provider of People's Health.*

**16033 Doctors Blvd., Hammond, LA 70403 | 985.974.9278 | [www.hammondheart.com](http://www.hammondheart.com)**

# James Drug Store celebrates 80 years

**DENHAM SPRINGS** — James Drug Store has run circles around its competition over the past 80 years by offering that little extra service and those personal touches that can only be found in a locally owned and operated pharmacy.

Recently, the landmark Livingston Parish business celebrated the beginning of its ninth decade, which will continue to emphasise, as always, cutting edge service. Not only is James a source of pharmaceuticals for the community, last year the store became a major source of medical supplies.

Conveniently located at 257 Florida Ave. in Denham Springs (665-5186), the business that has filled prescriptions since 1932 added a new service when it acquired Morrison's Ostomy and Medical Equipment Center in February 2011. That business had moved from New Orleans to Baton Rouge after Hurricane Katrina. James welcomed to its staff Jon Johnston, the former owner of Morrison's with 20 years of ostomy, incontinence, wound, skin care and durable medical equipment experience. The goal is to provide customers with solutions to their durable medical questions and needs as well as fill their prescriptions.



**Patrick Brian, pharmacist; Herman Crotwell, pharmacist; and John Johnston, Home Health Specialist.**

"With the aging population we need to stand ready to help people manage all their health needs," said pharmacist and managing partner Pat Brian.

Jon's experience is up close and personal. His son Zac was born with Spina Bifada, which causes paralysis of the legs, bowel and bladder and developmental delays. Jon has been right there since 1993 helping his son cope and his reward has been to nurture a relatively healthy and happy young man to adulthood. Jon gains a great deal of satisfaction in helping others in similar ways to find a better quality of life and it is this patient-driven commit-

ment on a personal level that makes him a perfect fit for the James Drugs family.

Economic surveys have proven that locally owned businesses benefit their communities in ways beyond just good service. About 45 percent of the dollars spent in stores like James will stay in the local economy compared to 13 percent spent at chain stores.

The staff of five pharmacists at James doesn't need to brag about results. Their customers do that for them. Survey after survey shows a high level of customer loyalty.

"I feel valued and important," said one customer among many, Leah, whose response is typical. "They treat my family with respect and give us their full attention when I come in."

These are values that have been passed down since the store's founding on March 16, 1932, when D.P. "Doc" James and Gay Cooper opened the business on North Range Avenue known originally as Cooper-James Drug Store.

The business was ahead of its time then and it remains that way. With a complete inventory and the assistance of modern technology from robotic prescription filling to workflow bar codes

that eliminate errors, customers are assured their orders are filled promptly, cutting down on wait times. James prides itself on filling prescriptions quickly in a 10 to 15 minute time frame with accuracy from a friendly, honest, and knowledgeable staff.

They accept Medicare, Medicaid and most other insurance programs. In addition to operating a full service pharmacy, James Drugs also offers many other products such as gifts, greeting cards, sickroom supplies, walkers, wheelchairs, hospital equipment and rental of respiratory therapy equipment.

Business hours are Monday through Friday from 7 a.m. to 7 p.m. and Saturday from 7 a.m. to 5 p.m.

"It takes hard work, but also you have to be thankful to the people who put their trust in you," said Brian's father, Herman Crotwell, who went to work for Doc James in 1957 and bought the business from heirs after the founder's death in 1971. In 1988 Crotwell moved the business to larger quarters at the corner of Florida Avenue and Hummel Street and in 2002 James expanded again at its current 5,000-square-foot stand-alone store with a drive-thru window.

# JAMES DRUG STORE



Since 1932



*"I like the hometown feel and that it's not a large company chain. They are concerned about their customers, we no longer go to other pharmacies."*

— Nikki,  
Denham Springs



*From left:* Pat Brian, Jamie Mitchell, Joy Simcoe, Herman Crotwell, Dara Dedon, Kevin Gamble

257 Florida Blvd, DS  
**665-5186**

*We accept most major insurances.  
If we are not on your provider's list...*

**Please call us!**

**Call Ahead and Pick  
Up Your Prescription  
at our Drive Thru  
Window.**

**HOURS:**

7am -7pm Mon.- Fri. 7am -5pm Sat.

**WE ARE YOUR HOMETOWN PHARMACY.**



## Dermatology Clinic has highest level care

The Dermatology Clinic was founded in 1947, by Dr. Henry Jolly. Since then, eight Board Certified Dermatologists maintain the highest levels of accreditation and pursue ongoing education to stay abreast of the latest trends in medical, surgical, and cosmetic dermatology. The dermatologists include Drs. Tom J. Meek, Jr., Harry A. Burglass, Jr., G. William Poche, W. Trent Massengale, Amie B. Shannon, Mary M. Dobson, Lori Byrd, and Jordan Whatley.

The practice relocated in 2008, into a new building on O'Donovan Drive near Our Lady of the Lake Hospital. Embracing technology, the clinic offers online appointment requests at their website, a skin education blog, and Wifi service in their waiting room. The practice focuses on creating an overall excellent patient experience from the time you call to make your appointment until your skin problem is resolved. The Dermatology Clinic offers online or over-the-phone office contact, and same-day and next-day appointments.

The Dermatology Clinic treats general dermatological problems such as psoriasis, warts, acne and other rashes; surgical conditions such as treatment of skin cancer and other tumors, cyst removal and mole removal, and cosmetic dermatology providing products and procedures to restore a healthy glow

to sun-damaged and aged skin.

While other practices may rely on assistants and nurse practitioners to see patients for them, the physicians at the Dermatology Clinic feel that the quality of their patients' care demands their full attention.

Recently the Dermatology Clinic added an eighth Board Certified Dermatologist, Jordan Whatley, M.D. and plans to open a satellite office this summer and a Livingston Parish location in the near future.

As the economy suffers, many nonqualified doctors and dentists have been lured into the cosmetic neurotoxin (Botox) and filler market. Unfortunately, state laws do not prevent these physicians and dentists from advertising themselves as "experts" after they have taken a weekend course on cosmetic procedures. On the other hand, physicians at the Dermatology Clinic are not only familiar with those procedures – Botox, laser skin treatment, facial fillers such as Juvederm or Restylane, and microdermabrasion – but are trained to recognize all of the underlying conditions that should be considered before employing them.

For more information about the physicians, services and treatments at the Dermatology Clinic, visit [www.thedermtologyclinic.com](http://www.thedermtologyclinic.com) or call (225) 769-7546 (SKIN).

## Disease symptoms may appear 1st in mouth

The mouth is a window into the health of the body. It can show signs of nutritional deficiencies or general infection. Systemic diseases—those that affect the entire body, such as diabetes, AIDS and Sjogren's syndrome—may first become apparent because of mouth lesions or other oral problems. The mouth is filled with countless bacteria, some linked to tooth decay and periodontal disease.

Researchers have found that periodontitis (the advanced form of gum disease that can cause tooth loss) is linked with health problems such as heart disease, artery blockage, diabetes, stroke and bacterial pneumonia. Pregnant women with periodontitis may be at risk for delivering pre-term and/or low birth weight babies.

People with diabetes often have periodontal disease. And diabetics are more likely to develop and have more severe periodontitis than non-diabetics. Some studies suggest periodontal disease can make it more difficult for diabetics to control their blood sugar.

Periodontal disease is a chronic infection caused by bacteria. It begins when certain bacteria in plaque (the sticky, colorless film that constantly forms on the teeth and tissues in the mouth) produce toxins and enzymes that irritate the gums. This causes inflamma-

tion if plaque is not removed daily.

Plaque that remains on teeth can irritate the gums, making them red, tender and likely to bleed. This condition, called gingivitis, can lead to more serious types of periodontal disease. Gingivitis can be reversed and gums kept healthy by removing plaque every day with a good oral hygiene routine and by having your teeth professionally cleaned. But if gingivitis is allowed to persist, it can progress to periodontitis, a chronic infection in the pockets around the teeth. Resulting inflammation, which may be painless, can damage the attachment of the gums and bone to the teeth. At this stage, treatment by a dentist is needed. Left untreated, teeth may become loose, fall out or require removal by a dentist.

If you notice any of these signs, see your dentist: Gums that bleed during brushing and flossing, Red, swollen or tender gums, Gums that have pulled away from your teeth, Persistent bad breath, Pus between your teeth and gums, Loose or separating teeth, A change in the way your teeth fit together when you bite, A change in the fit of partial dentures.

For more information, contact C.J. Richard, D.D.S., General Dentistry in Walker at 664-0210.

## THE DERMATOLOGY CLINIC

5326 O'Donovan Drive, Baton Rouge, LA 70808

(225) 769-7546



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**25**  
YEARS



Office Hours By Appointment

## Lose weight in a pinch at AdvoCare

Denham Springs — If you can Pinch an Inch or are In a Pinch for some wonderful nutrition and exercise advice, then you have come to the right place.

You will be introduced to a world-class company specializing in health and wellness, weight management, vibrant energy and sports performance with cutting-edge nutritional supplements and skincare.

The AdvoCare products are formulated by an elite Scientific and Medical Advisory Board with more than 200 years combined experience in pharmacology, toxicology, nutrition, sports performance and pediatrics.

As the national spokesperson for AdvoCare, New Orleans Saints quarterback Drew Brees said, "All of the products I take help me feel like I'm getting the maximum amount out of my workouts and out of my practice work. They're a big part of preparing and recovering each week."

NASCAR Number 3 car driver Austin Dillan said, "I believe strongly in AdvoCare products and quickly became a believer in the strength of their company after the first meeting with them."

Karla Cormier, AdvoCare's owner/man-

aging member, experienced weightloss success herself. "In just under 100 days, I personally transformed my life and my body by changing from a size 16 to a size 3-4, and now I am at a size 5-6 almost a year later. I also reduced my weight by over 75 pounds and my body fat percentage from obese (33.8%) to fitness (20.9%). That is almost 14%," she said.

"I completed the 24-Day Challenge, lost 12 pounds and 18 inches, gained energy, and saw a difference in my skin and muscle tone. You need to join me soon! Today, I am working on transforming my body fat percentage from athlete to around 15%. AdvoCare products are helping me transform and maintain this healthier new me. They can help you, too, and my team of experienced trainers and business consultants will assist you through your journey to a healthier and happier you!"

Come to an Informational Session June 16 at 10 a.m., 1 p.m., or 5 p.m. to learn how you can lose at least 10 pounds or 10 inches in 24 days while gaining energy and adding muscle. Two free 24-Day Challenge kits will be given away at each session. Call 225-571-0324 to reserve your seat or to start

## Bencaz offers family dental care

Bencaz Dental Care, conveniently located in the Antique District in Denham Springs at 130 South Hummell Street, offers family and cosmetic dentistry with expert care and a gentle touch.

They have convenient hours for patients beginning June 11, 2012. Appointments are available Monday through Thursday from 7 a.m. to 7 p.m. and Friday and Saturday from 7 a.m. to 2 p.m.

Dr. Bencaz and Dr. Brown are both members of the American Dental Association and the Louisiana Dental Association. They practice a full scope of general dentistry. Expertise ranging from porcelain veneers to dental implants and a variety of permanent family and cosmetic dental problems.

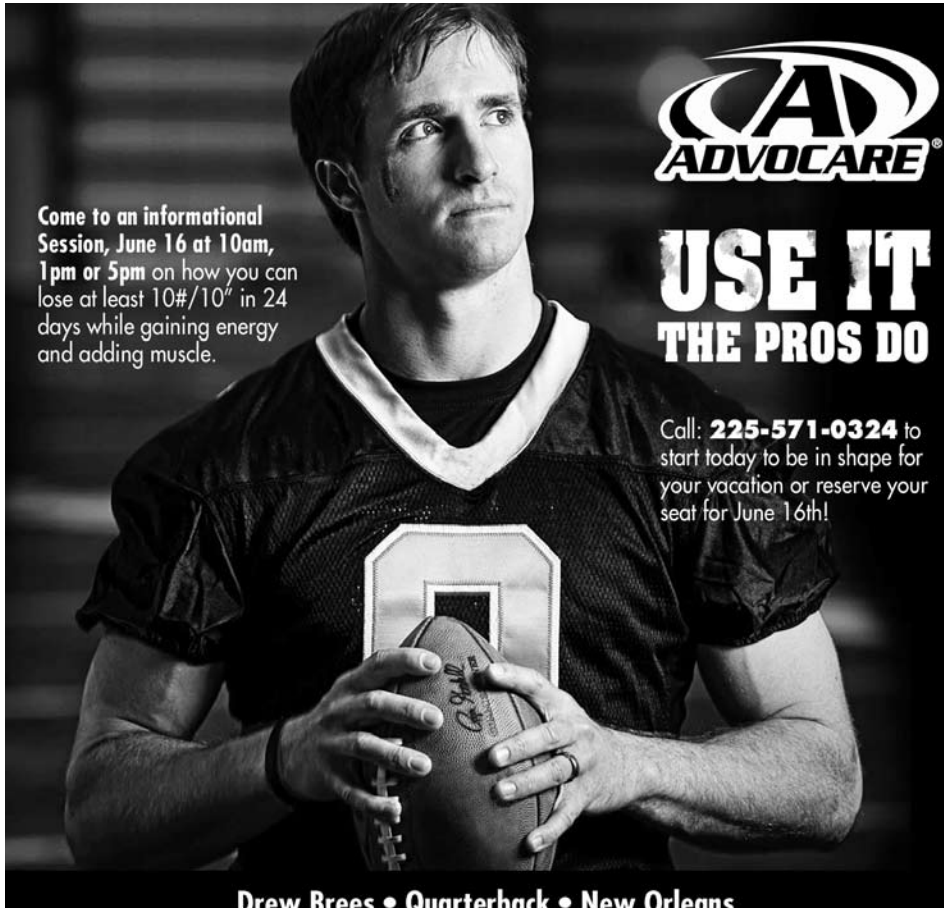
Dr. Jarrad Bencaz, born and raised in Denham Springs, graduated from Denham Springs High School in 1996. He received his Bachelor of Science degree in Microbiology at LSU. He then attended the LSU School of Dentistry

where he received his Doctorate of Dental Surgery degree.

Dr. David Brown is a second generation dentist from Minden, Mississippi. He graduated from the University of Southern Mississippi in 2011 with a Bachelor of Science degree in Biological Science with a minor in Chemistry. Dr. Brown attended the LSU School of Dentistry and graduated in 2006 with a Doctorate of Dental Surgery.

Visit the website, [www.bencaz-dentalcare.com](http://www.bencaz-dentalcare.com), to choose an online coupon to receive many services at discounted rates. For example, with the online coupon a new patient can receive \$50 off an dental service (excluding hygiene). An existing patient can receive 10% off on all porcelain crowns when you get four or more, \$100 off each implant placement, or free oral sedation on any visit over \$1,000.

To make an appointment, call 225-665-2417.



**ADVO CARE**

**USE IT THE PROS DO**

Come to an informational Session, June 16 at 10am, 1pm or 5pm on how you can lose at least 10#/10" in 24 days while gaining energy and adding muscle.

Call: **225-571-0324** to start today to be in shape for your vacation or reserve your seat for June 16th!

**Drew Brees • Quarterback • New Orleans**

## LOOKING FOR A DENTIST?

**\$50**

**OFF Any Dental Service**

Excludes hygiene appointments.

Offer valid for new patients only

Exp. July 1st, 2012

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7AM-7PM

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**Bencaz**  
Dental Care

**Family Dentistry**  
Dr. Jarrad Bencaz | Dr. David Brown

**665-2417**

**130 Hummell St. Denham Springs**  
[www.bencazdentalcare.com](http://www.bencazdentalcare.com)

Construction continues on OLOL Livingston, which is expected to open in September of 2012.



# IT'S ABOUT TIME

## Our Lady of the Lake Livingston Opens in September

*New Free-Standing Emergency Room to Provide Timely Life-Saving Care*

In emergency situations, time matters. The time it takes to get to an emergency room for treatment can make a difference. In September, the state's first free-standing emergency room is expected to open.

A free-standing emergency room is open to the public 24 hours a day for the treatment of urgent and emergent medical conditions including heart attacks, strokes, respiratory distress, head injuries, abdominal pain, dehydration, orthopedic injuries, sports injuries and more. Appointments are not needed to be seen at the facility.

"Our Lady of the Lake Livingston Emergency Room will be staffed with the same medical personnel and diagnostic equipment available at Our Lady of the Lake's main campus on Essen Lane in Baton Rouge," explained Dean Williams, Vice President of Operations at Our Lady of the Lake. "The difference is a free-standing Emergency Room is not connected to a hospital. If a patient has to be admitted to a hospital, we will treat the patient at Our Lady of the Lake Livingston, make sure they are comfortable and stable and we will have ambulances on site to bring the patient to the most appropriate hospital."

In addition to a free-standing Emergency Room, Our Lady of the Lake Livingston will include outpatient services such as a lab; imaging services such as CT, ultrasound, X-ray and MRI and physician offices. Primary care doctors, pediatricians and many specialists such as cardiology, orthopedics, ear nose and throat, eye specialists, allergists, vascular specialists, urology and pain management doctors will occupy the physician office space.

Our Lady of the Lake Livingston will add to OLOL's already existing family of services in Livingston, which include:

- **Primary Care of Denham Springs — Pediatrics**  
311 Veterans Highway, Denham Springs
- **Primary Care of Live Oak — Family Practice**  
31995 LA Highway 16, Denham Springs
- **Baton Rouge Physical Therapy — Lake**  
2250 Home Depot Drive, Denham Springs
- **Lake After Hours — Urgent Care**  
(Walk-in care for minor injury and illness)  
31985 LA Highway 16, Denham Springs

For information and photos visit [www.ololrmc.com/livingston](http://www.ololrmc.com/livingston).

## How Do You Live Well in Livingston? Show Us!

*Your photos could be on display at OLOL Livingston.*

OLOL Livingston invites amateur photographers to submit your photographs capturing life in Livingston Parish. Share photos of your family at a barbecue or crawfish boil or even from a day at the park. Photos selected will be on display outside of the Community Room at OLOL Livingston. Images may also appear on Facebook, digital billboards and on the web.

New photos will be displayed each season. The deadline for summer photos of you and your family living healthier and happier in Livingston Parish is July 31, 2012.

For complete contest rules visit [www.ololrmc.com/livingston](http://www.ololrmc.com/livingston).



**OUR LADY  
OF THE LAKE  
LIVINGSTON**

LIVINGSTON'S ER IS COMING.

**IT'S ABOUT**

**TIME.**



**OPENS SEPTEMBER 2012**  
LOCATED OFF I-12 AT WALKER  
[OLOLRMC.COM/LIVINGSTON](http://OLOLRMC.COM/LIVINGSTON)



**OUR LADY  
OF THE LAKE  
LIVINGSTON**