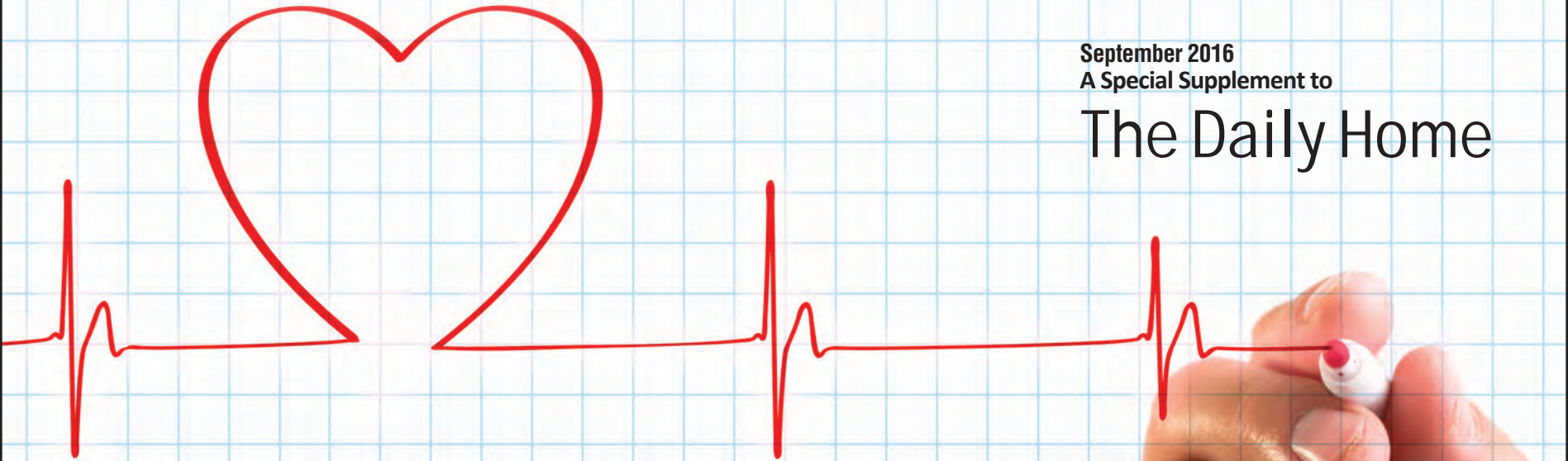


Health & Fitness

September 2016
A Special Supplement to
The Daily Home



The benefits of physical therapy
Finding the right physician for you



**Simple exercise strategies
for healthy living**

Managing weight is key to staying physically fit

By SHANE DUNAWAY
Home Staff Writer

Weight management is an important part of becoming and staying physically fit, but the temptation to splurge on tasty treats and comfort foods can always present a challenge to maintaining proper weight.

To resist the urge to splurge, Dr. Anthony Lessa of the Weight Control Center in Talladega has offered some suggestions for keeping extra pounds at bay.

“Eat in moderation with small portions throughout the day,” he said. “You can snack throughout the day. Make sure you have a good breakfast in the morning with protein.”

Following breakfast, Lessa recommends a snack between meals with a light lunch and a well-balanced dinner.

“We tell our patients here to stay within a 1,200 calorie count diet, so whatever you’re eating, measure out what you’re eating and make sure you’re staying close to 1,200 calories a day,” he said, adding that the limitation on calories doesn’t mean you have to forgo dessert. “A slice of dessert won’t kill you, but just don’t overdo it.”

According to Lessa, people concerned with portion sizes can use the size of the palm of their hand as a good guideline for gauging the proper sizes of their meal components.

“Once you see yourself eating those small-



File photo

Eating in moderation and regular exercise are important aspects of losing weight and maintaining a healthy lifestyle, according to Dr. Anthony Lessa of Talladega.

er portions, you’ll realize you’ve eaten a lot of food throughout the day,” he said.

Yolanda Wilson, an office manager who works with Lessa, explained even though people see copious amounts of food served at gatherings, parties and restaurants – especially once the fall and winter holiday seasons are in full swing – it doesn’t mean they have to eat everything that’s offered.

“Weight loss is all in the mind,” she said. “You have to have that willingness to say no on some things. When you eat healthy, you eat

fried chicken, but you can’t have three chicken breasts or three chicken wings. If you have a piece of chicken, that’s enough. Then you can incorporate your vegetables.”

Wilson added it isn’t just the food that can be problematic, as some of the extra additions can add unnecessary calories.

“It’s what you put in the food,” she said. “We’re all so used to putting in all the salt, all the grease, all the bacon — that’s not healthy eating. Steamed vegetables and fresh vegetables, those are excellent.”

Lessa encouraged people to balance their eating with the proper amount of exercise to burn off the energy taken in through a meal.

“Exercise is very important,” he said. “Some people think because their job sometimes requires heavy lifting, it counts as exercise, but that’s not a

proper form of exercise. You need to get yourself on at least a three-day regimen of exercise. Sometimes you can do too much, and you may fool yourself because you think you’re not losing weight. But you’re actually building muscle, and muscle weighs more than fat.”

Though there are multiple online resources and mobile apps that can help track fitness and eating, Lessa said he suggests the book ‘Dr. Shapiro’s Picture Perfect Weight Loss’ for his patients.

Lessa’s office provides a variety of information for those seeking to control their weight, including an exchange list featuring milk, veg-

etable, fruit, breads, starches, meats and fats in recommended serving sizes with a notation explaining whether the food satisfies carbohydrates, protein and fat diet requirements.

The exchange list also showcases a section for “free foods,” defined as any food or drink that contains less than 20 calories per serving. Examples of free foods include salad greens, raw vegetables, sugar-free beverages and bouillon.

The Weight Control Center is at 210 North Street W, Talladega. For more information or to schedule an appointment, call 256-362-0066.

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Grandview Medical Center offers new robotic technology

Staff Report

Grandview Medical Center is the first hospital in the Birmingham metropolitan area to upgrade its technology for robotic-assisted surgery.

The improved system is designed with the goal of advancing the technology used in minimally invasive surgery. It can be used across a spectrum of procedures in the areas of urology, gynecology, thoracic, cardiac and general surgery.

The new system allows the surgeon to access some areas of the body, such as the chest or pelvis, which are difficult to reach with delicate surgical instruments. The new

robot helps many surgeon specialists do more procedures with a minimally invasive approach. For surgical patients, this means less time under anesthesia as compared to the current robotic platform, according to surgeons.

"The latest model of surgical robot is truly an upgrade in technology," said urologist Dr. Eric Brewer. "This new machine allows us to continue to expand our repertoire and offer minimally invasive surgery to our patients, which equates into quicker recovery and return to normal daily activities."

The robotic-assisted system translates the surgeon's hand movements

into smaller, more precise movements of tiny instruments inside the patient's body. The system's immersive 3D-HD vision system provides surgeons a highly magnified view, virtually extending their eyes and hands into the patient.

"We are excited to bring this enhanced robotic-assisted surgical technology for minimally invasive surgery to the Birmingham area," said Keith Granger, Grandview's president and CEO. "We continue our commitment of bringing advanced technology, quality and an enhanced patient experience to those we serve."

Grandview has also

been recognized as part of The Joint Commission's 2015 annual report America's Hospitals: Improving Quality and Safety, for attaining and sustaining excellence in accountability measure performance Heart Attack, Heart Failure, Pneumonia, Surgical Care and Immunization.

Grandview is one of 1,043 hospitals out of more than 3,300 eligible hospitals in the United States to achieve the 2014 Top Performer distinction.

The Top Performer program recognizes hospitals for improving performance on evidence-based interventions that increase the chances of healthy out-

comes for patients with certain conditions. The performance measures included in the recognition program, including heart attack, heart failure, pneumonia, surgical care, children's asthma, inpatient psychiatric services, stroke, venous thromboembolism, perinatal care, immunization, tobacco treatment and substance use.

"We understand what matters most to patients at Grandview Medical Center is the quality and safety of the care they receive. That is why we have made it a top priority to improve positive patient outcomes through evidence-based care processes," Granger said.

"Our hospital is proud to be named a Top Performer as it recognizes the knowledge, teamwork and dedication of our entire hospital staff."

Fitted with the latest technologies in medicine, the 372-bed Grandview Medical Center opened in October 2015 to serve residents of Birmingham and surrounding counties. Located on Highway 280, it offers diverse specialties from heart care to labor and delivery to robotic-assisted surgery. Specialty units include a Level III trauma center, certified Chest Pain Center, recognized stroke center, cardiac cath lab and neonatal, surgical and medical intensive care.

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Walk to End Alzheimer's Disease



File photo

The Walk to End Alzheimer's event is part of the international World Alzheimer's Month observance, which includes World Alzheimer's Day on Sept. 21. The occasion provides opportunity for Alzheimer's associations around the world -- including the Alabama chapter -- to be recognized for the work they do and promote awareness of the disease.

Staff Report

Local residents are asked to help the Alabama-Florida Panhandle Chapter of the Alzheimer's Association reach its goal of raising \$100,000 this month during World Alzheimer's Month.

One way they can do that is by participating in the Walk to End Alzheimer's event on Sunday, Sept. 25, at Railroad Park in Birmingham. Registration is at 1:30 p.m. The opening ceremony begins at 3 p.m., and the two-mile walk starts at 3:15.

The fund-raising effort had reached almost half of its goal by last week, and supporters can sign up to join the initiative by visiting www.alz.org/walk.

The Walk to End Alzheimer's event is part of the international World Alzheimer's Month observance during September. World Alzheimer's Day is every Sept. 21. The observance provides the opportunity for Alzheimer's associations around the world to be recognized for the work they do and promote awareness of the disease.

"World Alzheimer's Month unites opinion leaders, people with dementia, caregivers and their families, medical professionals and researchers from all around the world."

"Each year more and more countries are participating, and dementia awareness is growing."

Alzheimer's disease is a

degenerative brain disease that is the most common cause of dementia, which is categorized by a decline in memory, language and problem-solving and other cognitive skills that affect a person's ability to perform everyday tasks. It occurs because nerve cells in parts of the brain involved in cognitive function have been damaged or destroyed.

With Alzheimer's disease, the damage and destruction of nerve cells eventually affect other parts of the brain, including those that enable a person to carry out such basic bodily functions as

walking and swallowing. Patients in the final stages of the disease require constant care.

Alzheimer's disease is officially listed as the sixth-leading cause of death in the United States. It is the fifth-leading cause of death for people age 65 and older. As the nation's population ages, the condition is becoming a more common cause of death. As deaths from other major causes have declined during the past decade, Alzheimer's-related deaths have increased by 71 percent.

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Alzheimer's, an estimated 5.2 million people are age 65 or older. Statistically, that means that 1 in 9 people 65 and older have Alzheimer's disease. As many as 200,000 people are dealing with young-onset Alzheimer's.

Association and medical professionals find the numbers troubling because Alzheimer's is the only disease among the top 10 causes of death in America that cannot be prevented, cured or even slowed. It is also one of the costliest chronic diseases affecting society, with many analysts concerned that it may bankrupt the Medicare system.

In 2016, total payments for health care, long-term care and hospice are estimated to be \$236 million for people

with Alzheimer's and other forms of dementia, with just under half of the costs borne by Medicare. Nearly 1 of every 5 Medicare dollars is spent on people with Alzheimer's and dementia. By 2050, it is estimated to be 1 of every 3 dollars.

Unless something is done, according to association officials, Alzheimer's is projected to cost more than \$1 trillion by mid-century, potentially raising Medicare costs by 360 percent.

Besides its monetary impact, Alzheimer's disease takes a devastating toll on caregivers. According to studies, almost 60 percent of caregivers rate the emotional stress of caregiving as "high" or "very high," and about 40 per-

cent suffer from depression. Caregivers often cut back on their own visits to physicians because of their responsibilities, and on average, they lose more than \$15,000 in annual income due to reducing or quitting work to meet the demands of caregiving.

Last year, 15.9 million relatives and friends provided 18.1 billion hours of unpaid care to Alzheimer's and dementia patients, equal to an estimated economic value of \$221.3 billion.

For more information about all aspects of Alzheimer's disease, visit www.alz.org. For more information about the Walk to End Alzheimer's, call Jessie Tucker at 205-379-8065 or email jatucker@alz.org.



Submitted photo

Ambassadors for the Alabama/Florida Panhandle chapter of the Alzheimer's Association recently attended the organization's advocacy forum in Washington, D.C.

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What You Should Know About the Flu

While seasonal influenza viruses can be detected year-round in the United States, flu viruses are most common during the fall and winter. The exact start and duration of flu season can vary, but flu activity begins to increase in October, often peaking between December and March, although activity can last as late as May.

Following is some basic information about the flu and steps individuals can take to remain healthy this fall and winter.

What is influenza?

Influenza (the flu) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness. Serious cases can result in hospitalization or death.

What is a flu shot?

Just like other vaccinations, the flu shot is made from a killed virus. When the virus is injected (flu shot) or inhaled (nasal-spray flu vaccine), your body's immune system recognizes that a foreign substance is present and makes antibodies that attach to the virus. These antibodies signal the immune system to attack and destroy the virus. The flu virus changes every year, so annual flu vaccines are necessary.

The flu vaccine is not guaranteed to prevent the flu, but it minimizes your chances of contracting the flu virus and, if you do get the flu, the vaccine helps to minimize the symptoms.

Who should get a flu shot?

- Everyone who is at least 6 months old should get a flu vaccine. You should especially receive a vaccination if you:
 - are at high risk of developing serious complications (like pneumonia).
 - have certain medical conditions including asthma, diabetes and chronic lung disease.
 - are pregnant.
 - are younger than 5 (especially applicable for those younger than 2).
 - 65 and older.

• live with or care for others who are at high risk of developing serious complications, including household contacts and caregivers of infants less than 6 months old and healthcare personnel.

Who should not get a flu shot?

Some people should not get a flu vaccine without first consulting their doctor. These include:

- people who have had a severe reaction to a previous flu vaccination.
- children younger than 6 months old.
- people who have a moderate-to-severe illness, with or without a fever.

• anyone who has ever had a severe allergic reaction to eggs or has had a severe allergy to any part of the flu vaccine.

When should I get a flu shot?

Health experts recommend that adults and children receive a flu vaccine well ahead of the flu season, such as in late summer or early fall.



Getting a flu shot doesn't guarantee that you won't get the flu, but it does greatly minimize the chance of contracting the virus. All adults and children are encouraged to be vaccinated this year.

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Area pharmacies offering vaccinations

Staff Report

As the weather begins to get cooler, local pharmacies are launching their seasonal flu vaccinations programs

Following is a list of some of the pharmacies in the area where individuals may receive vaccinations for flu, shingles and pneumonia, if they decide to be vaccinated. Call each store for specific information.

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Look For Our KIDS' MEALS

Dry needling treatment relieves pain, muscle tightness

By **BUDDY ROBERTS**
Special Projects Editor

Patients who have a fear of needles may be skeptical of it, but Functional Dry Needling treatments are getting good results at Donahoo Physical Therapy in Sylacauga.

“It’s a very progressive treatment, and we’re probably one of only a few clinics in the general area that are performing it right now,” said owner Ben Donahoo, PTA. A Childersburg native, he opened the clinic at 114 West Fort Williams Street, where he works with Dan Schabel, PT, in April, 2014.

Schabel performs most of the dry needling treatments, which are a relatively new means of relieving muscle pain and correcting neuromuscular dysfunction. The clinic has offered the treatment since last year to treat “everything from migraines to sports injuries,” Donahoo said, adding that the number of patients seeking the treatment has doubled in recent months.

“If you don’t like needles, this is probably not for you,” Schabel said. “But it’s not the kind of needle most people think of when they hear about it, and we’re seeing great benefits from it.” The treatment involves injecting a small filiform needle into affected muscles – referred to as myofascial trigger points – to elicit a small twitch response and get the muscle to relax.

“A myofascial trigger point is what people call a knot, like you get a knot in your back,” Schabel said.

“Several things can cause a knot,” Donahoo said. “Overuse, strain, weakness, even poor posture. Anything that can put the muscle into overload. Dry needling helps the pain go away and helps function and strength come back.”

Schabel compared the treatment to resetting an electronic device. “It’s like your cell phone. When it acts up, you turn it off and back on, and hopefully it starts working correctly. That’s what we’re trying to do to the muscle. The needles reset it to get it to work correctly.”

Unlike typical hypodermic needles, which are hollow for injecting liquid medications, filiform needles are solid, hence the name “dry needling.”

“They’re very tiny, thin, slightly-flexible needles, not that much thicker than a human hair,” Schabel said. “After a treatment, some patients feel instant benefits. Others experience soreness for several hours before feeling benefits. Everybody responds differently to the needles.”

“We will give anyone a free evaluation to determine if the treatment will work for them and their specific issue,” Donahoo said. “Dry needling is just part of everything we do here to restore muscle function and relieve pain. If there’s something you can’t do – whether it’s walking, going to the store or participating in sports – and you want to be able to do it, we’re here to help you achieve it.”

For more information about dry needling treatments, call Donahoo Physical Therapy at 256-487-8040.



Buddy Roberts/The Daily Home

Physical therapist Dan Schabel demonstrates a dry needling treatment on Ben Donahoo, owner of Donahoo Physical Therapy in Sylacauga. The clinic offers patients free evaluations to determine if the treatment is right for them.

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Smart choices at barbecues can help you stay healthy

Staff Report

Not unlike college football, barbecue is always in season in central Alabama, and there's still time for plenty of afternoons and evenings to be spent grilling out and tailgating before the weather turns too chilly for outdoor gatherings.

Grilled foods may be delicious, but some barbecue standards may not be ideal for those trying to maintain a healthy weight. But even if a trim waistline is your ultimate goal, you can still enjoy your favorite grilled foods by making a few smart food choices and substituting healthier fare for high-fat fare at your next barbecue dinner.

BAD: Barbecued ribs may be savory, but they have a high fat-to-meat ratio. Whether your ribs are pork or beef, each bite delivers much more fat than meat. These cuts of meat are among the fattiest parts of the animal and contain a high amount of saturated fat, according to the American Dietetic Association. Saturated fat can contribute to cardiovascular disease and increase risk of type 2 diabetes. Ribs can also pack on the pounds.

BETTER: Rather than fatty ribs, opt for a lean pork loin that can be slathered in barbecue sauce and spices. The loin also can be smoked and shredded to make tasty pulled-pork.

BAD: What would a barbecue be without a helping of rich and creamy potato salad? Potato salad is typically the go-to side dish accompanying burgers, hot dogs and chickens. While potatoes can be healthy, they also are loaded with calories. Plus,

potato salad is often made by mixing boiled potatoes with calorie-rich mayonnaise, adding even more calories and fat to this beloved side dish.

BETTER: A vegetable slaw, made from thin strips of carrots, broccoli, cabbage, and other firm vegetables is a healthier option. Mix the slaw with a light vinaigrette instead of mayonnaise. The slaw will be refreshing and provide a bounty of healthy vitamins and minerals. Plus, the slaw will be less likely to spoil prematurely under the hot sun.

BAD: Frankfurters have been a staple of backyard barbecues for decades. But the average beef hot dog contains 140 calories and 15 grams of fat. And that's before it's even placed on a bun and embellished with your favorite toppings. Hot dogs also are high in sodium, and some have a bevy of preservatives.

BETTER: Turkey and chicken hot dogs are leaner than pork and beef varieties, with some containing half the amount of calories as their more traditional counterparts. Concerns about "mystery meat" in hot dogs has long plagued the food industry. If you are worried about what is in your hot dogs, try making your own. Grind the meat yourself and stuff it into sausage casings. Fresh hot dogs thrown on the grill afford the ultimate control over what's going into your body.

BAD: Though nothing may be more American than apple pie, it's not as healthy as one might think. Rich, buttery crusts and sugar-laden fillings can make one slice of pie quite fattening. Double-crust pies with a bottom and top crust will have

even more calories.

BETTER: Fresh fruit is always a better option

than pie. A bowl of berries served with fresh whipped cream on the side will

offer far fewer calories and just as much flavor as a slice of pie.

Smart choices at barbecues make it easier to stay healthy all year long.

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NATIONAL
Women's
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 DAY SM

By **PATRICIA HENZE**
 Special to The Daily Home

On Wednesday, September 28, an estimated 50,000-75,000 women of all ages will participate in local health and fitness events at more than 500 community locations across the country as part of the 15th annual National Women's Health & Fitness Day.

This event, the first of its kind, will subsequently be held the last Wednesday in September as part of National Women's Health & Fitness Week celebrations throughout the United States.

Organized as a public/private good health partnership by the Health Information Resource Center (HIRC), National Women's Health & Fitness Day will offer fitness and health events for women at community locations that include hospitals, health clubs, park and recreation departments, health departments, schools, retirement communities, houses of worship, senior centers, and others.

Among the events held on Sept. 28 will be fitness walks, exercise demonstrations, health fairs and health information workshops. Most events will include an exercise or physical activity component, as well as educational information about women's health and fitness.

Our goal for this national event is to encourage women to take control of their health, to learn the facts they need to make smart health choices, and to make time for regular physical activity. Women's Health & Fitness Day is also designed to showcase the many women's health resources available through the local organizations that will host events on Wednesday, Sept. 28, 2016."

Organizations interested in hosting a National Women's Health & Fitness Day event must register by paying a \$29.95 event registration fee (plus shipping). Registered organizations will receive a valuable Women's Health & Fitness Day event manual and sam-

ple event incentive items, such as t-shirts, balloons, posters, etc. The event manual is an easy-to-use guide with all of the information needed to host a successful event: activity suggestions, posters, press releases, copyright-free women's health reproducible masters for distribution and more.

The HIRC, organizer of this event, is a national clearinghouse for consumer health information professionals. In addition to the Women's Health & Fitness Day event, other HIRC programs include Family Health & Fitness Day USA, always held on the last Saturday in September; the annual National Health Information Awards, the nation's largest awards programs for consumer health information and resources; and the Digital Health Awards.

Patricia Henze is executive director of the Health Information Resource Center. For more information, call 1-800-828-8225 or email info@fitnessday.com.



File photo

National Women's Health & Fitness Day is Sept. 28. The observance encourages women to take control of their health, make smart health choices and set aside time for regular physical activity. It is organized by the Health Information Resource Center.

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Does your child need antibiotics for an ear infection?

Children's of Alabama and its network of clinics – including Pell City Pediatrics – want local parents to be aware of a change in treatment guidelines recommended to primary care physicians when treating children with middle ear infections.

Middle ear infections, or otitis media, in children have been typically treated with antibiotics for many years. The treatment has become so routine, in fact, that parents often expect a prescription from their pediatrician in the belief that it's the only option for making their child feel better.

The American Academy of Pediatrics and the American Society of Pediatric Otolaryngologists now recommend, however, that only children who are running a fever of greater than 102.2, have significant pain, have a severe infection in both ears in a child age 2 or younger, or have a ruptured eardrum with drainage should be prescribed antibiotics.

Otherwise, parents and pediatricians should, in general, simply treat the symptoms and take a "wait and see" approach because the infections often clear on their own. "They'll need some pain management until it gets better," said Brian Wiatrak, MD, FACS, FAAP, the chief of pediatric otolaryngology at Children's of Alabama.

For persistent or repeated ear infections, a child may need tubes, which help prevent blockages in the ear.

For more information, call Pell City Pediatrics at 205-884-2260 or visit the office at 2850 Dr. John Haynes Drive, Pell City. Office hours are 8 a.m.-4:30 p.m. weekdays.

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Improved health literacy would reduce hospitalization due to medication errors

By **ELIZABETH PHILLIPS**
Special to The Daily Home

As many as 90 million people -- half the population of the United States -- have difficulty reading and understanding medical terminology and health care directives, according to the United States Department of Health and Human Services. Consumer health literacy helps individuals understand their health status, diagnoses, treatment, and pharmaceutical instructions.

Basic goals of health literacy include understanding prescription drug labels, health brochures, appointment slips, and the multiple layers of medical forms that hospitals, clinics, and doctor's offices now use upon admission for services. Many patients and their families are overwhelmed with complicated medical information and treatment consent forms.

Patients should always ask for assistance or interpretation on any topic they do not understand. Patients and families should not hesitate to ask questions or express concerns when unclear about their health status and prognosis. The American Medical Association (AMA) notes that certain populations are at particular high-risk due to poor health literacy. These groups include the elder-

ly, minority populations, immigrants, low-income people, and those with chronic mental and physical health conditions. The reasons for limited literacy among these groups include low education, learning disabilities, and cognitive limitations. Health care providers and educators should take special care in explaining health issues with these populations.

The AMA says that health literacy is critical in today's health care environment, and that individuals who are proactive in using technology to improve their understanding, fair better than those who exhibit poor health literacy. A multitude of websites now offer credible patient information to assist in health literacy. The American Cancer Society, American Heart Association, American Diabetes Association, and other specialized associations can be part of the patient education process. Those individuals without the skill or access to computers can ask reference librarians at public libraries, hospitals, or clinics to assist in obtaining useful health information.

A literacy survey by the National Center for Education Statistics noted that the problem should be addressed among high-risk populations to improve compliance and decrease

medication errors among patients. Higher rates of hospitalization and use of expensive emergency services are common among those with a low health literacy rate. Improved health literacy programs would reduce these incidences and provide patients with more information and control over their health.

Elizabeth Phillips is a regional extension agent with the Alabama Cooperative Extension Service. October is National Health Literacy Month.



File photo

Basic goals of health literacy include understanding prescription drug labels, health brochures, appointment slips and medical forms.

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Is it more healthy to eat organic produce?

By SARAH LENAHAN
Special to The Daily Home

Organic food has become a phenomenon in the past decade with images of clean and friendly farmers on our televisions. Slogans such as “Buy local” and “Don’t panic, it’s organic,” are on the walls of local grocery stores across America. Research, the most important aspect of organic food, isn’t talked about.

Research shows that there are no significant health benefits to eating organic produce. According to a study conducted in 2012 by the Annals of Internal Medicine of the American College of Physicians (“Are Organic Foods Safer or Healthier Than Conventional Alternatives?”), a team of professionals concluded that there is no significant difference between eating conventional produce compared to organic produce in terms of health benefits.

This team of researchers conducted 17 studies in humans and more than 200 studies in foods concluding the literature “lacks strong evidence that organic foods are significantly more nutritious than conventional foods.”

Researchers have been shedding light on this issue for years, yet consumers relentlessly spend money on pricey organic food time and time again. One of the reasons for this can be linked back to the promise in the label, organic. This word holds a lot of power, yet few shoppers truly know what the word means.

The organic label is

mandated by the National Organic Program’s standards and used on products made by NOP-approved methods. Organic produce is based on the minimal use of off-farm inputs and on management practices that restore, maintain and enhance natural cycling of the farm’s ecological resources. These foods are produced to enhance biodiversity, biological cycles and biological soil activity. Producers are legally obliged to keep records of production as well as undergo regular farm inspections.

Adding to the existing confusion, there are three levels of organic food labeling. The first level is “100 percent organic,” followed by “organic,” and “made with organic.” The first level requires that food be grown with purely organic products and requires the name of the certifying agent. Organic labeled produce contains at least 95 percent certified organic ingredients by weight. Made with organic labeled produce contains at least 70 percent certified organic ingredients.

Ellen Huckabay, a regional agent with the Alabama Cooperative Extension System, said that there are no health benefits to eating organic produce, aside from the benefits of eating a diet rich in fresh fruits and vegetables.

Research shows that there is little to no benefit of eating organic produce instead of conventionally grown food. “Organic food may have less pesticide residues, but it’s not always 100 percent pesticide free,” said Huckabay.

Huckabay explained that she rarely purchases organic produce because of the high price when compared to conventional

produce.

“I prefer to buy locally grown produce at Farmer’s Markets. I’d rather know who grew my food than

purchase organic anything from another country,” Huckabay added.

Conventionally grown produce is not less nutri-

tious than organically grown produce. Locally grown produce is the best option if you seek healthy, nutritious produce.



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Get to know Citizens Baptist Medical Center

Special to The Daily Home

Citizens Baptist Medical Center is a 122-bed acute care facility in Talladega with more than 350 employees.

The hospital offers a comprehensive range of clinical services, including obstetrics/gynecology, orthopedics, emergency services, a geriatric psychiatry unit, Home Health and Hospice, in addition to specialized medical and surgical care. Citizens offers “big-city” medicine close to home. But it’s the quality of care and personal touch that endears the facility to the community, according to administrators.

Health and Wellness offerings include access to the following services.

Orthopedics – We’ve expanded our orthopedic surgeon physician offerings with the addition of Dr. John Weaver, an orthopedic surgeon with Brookwood Baptist Medical Center. Dr. Weaver is accepting new patients in Talladega and specializes in general orthopedics and sports medicine, offering both surgical and therapeutic solutions. Dr. Weaver is in clinics at Brookwood Baptist Health Primary Care - Talladega (320 East Coosa Street Talladega) on Mondays and Fridays from 8:30 am – noon. To make an appointment,

call 256-315-2290.

Advanced Imaging & Diagnostics – With technology often found only in larger hospitals, our all-digital imaging department includes a recent \$1 million MRI upgrade. With the addition of breast MRI scanning, we’ve enhanced our ability to rule out breast cancer. MRI prostate scanning is now available also. We also offer:

- 64-Slice VCT Scanner, which allows for cardiac screening as well as arterial and venous imaging of all vessels with just a small injection of dye.

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See **Citizens**, Page 18



Submitted photo

Citizens Baptist Medical Center offers a full range of health care services for residents of Talladega County.

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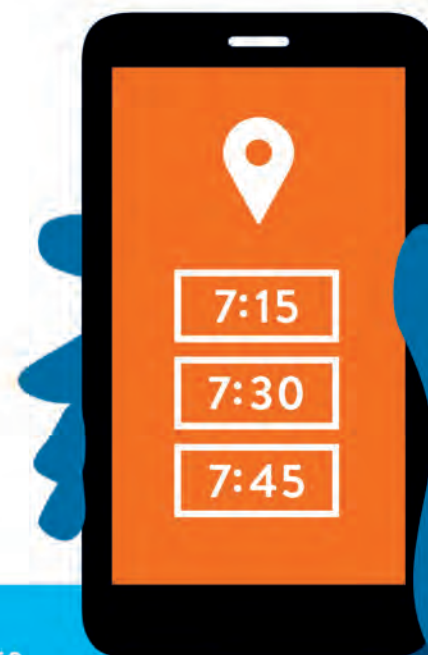
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Chronic conditions that may be found during an eye exam include:

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- Graves' Disease
- Herpes Zoster
- High Cholesterol
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- Juvenile Rheumatoid Arthritis
- Lupus
- Lyme Disease
- Macular Degeneration
- Multiple Sclerosis
- Pseudotumor Cerebri
- Rheumatoid Arthritis
- Sarcoidosis
- Sickle Cell Anemia
- Sjogren's Disease
- Tumors

Citizens

From Page 16

Bore MRI Scanner, which provides detailed pictures of anatomy and pathology to evaluate a wide range of conditions including cancer, stroke, and musculoskeletal abnormalities.

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as the physician's office or home through

Primary Care – Brookwood Baptist Health Primary Care physicians are affiliated with Citizens Baptist Medical Center and provide primary and specialty care services to the Talladega, Munford, Anniston and Lincoln communities. To find a physician, visit www.bbhcarenetwork.com.

Better Access to Primary Care – You'll notice growth in our primary care clinics with the addition of certified nurse practitioners, or CRNPs. Nurse practitioners offer many of the same services as a doctor. They're highly trained and licensed and can diagnose medical issues, prescribe medications and make referrals to specialists and are ideal to use for your annual wellness visit. Many insurance plans include a wellness visit at no cost to the patient, and these visits can be used to develop personalized prevention

plans to help patients stay healthy.

Emergency Room (ER) Services – Our emergency department offers urgent and emergency care 24 hours a day. Our Fast-Track process for patients with urgent conditions that can be treated quickly helps reduce extensive wait times, and helps the overall patient experience. We've recently launched InQuicker, an online self-scheduling tool that lets you check-in to the ER and wait from home until your scheduled time. Citizens Baptist Medical Center is an accredited Chest Pain Center.

Be Well – Be Well is Baptist's workforce wellness program offering employer partnerships for employer-directed health-management programs for businesses throughout Talladega county. The program, built around the 5 modifiable risk factors to prevent chronic disease (tobacco use, pre-diabetes

and diabetes, high blood pressure, high cholesterol, excess weight and physical inactivity), aims to create a positive impact on an employee's health. These services provide cost-effective, high-quality health care options to employee populations, and include access to a variety of services including Be Well on-site, Be Well on-call, and Be Well mobile, which offers primary care physician access through our Be Well mobile clinic, and more. For more information, email Laura Catherine Mason at laura.mason@bhsala.com

Home Health – Our home health services work with patients, families and physicians to provide quality care in the comfort of a patient's home. Our goal is to keep patients out of the hospital. Services include:

- Skilled Nursing Services
- Physical Therapy Services
- Occupational Therapy Services

- Speech Language Pathology Services
- Home Health Aides
- Medical Social Services

Patients who may benefit from home care services include:

- Patients recovering from surgery or illness
- Patients with many long-term diseases, which include CHF, COPD and others who need skilled care to improve their condition
- Patients/caregivers who need education for medication management and disease processes
- Patients requiring wound therapy; including pressure ulcers, stasis ulcers and surgical wounds
- Patients requiring rehab therapy to overcome injuries or an illness
- Patients facing the

end-stage of life in need of medical care and emotional support

Hospice – Our hospice program provides compassionate post-acute care aimed at maintaining or improving quality of life for critically and terminally ill patients, including a special focus on the spiritual and emotional needs of the individual and their families.

Detox Unit – In partnership with Bradford Health, Citizens Baptist Medical Centers offers a 10-bed medical detoxification unit to support Talladega and the surrounding community. A multi-disciplinary team approach furthers the Mission to bring hope to patients and their families and lead them down the path to alcohol and substance-abuse recovery.



Submitted Photo

Joel Taylor, Citizens Baptist's CEO, joins medical center staff members in celebrating achievements in patient satisfaction

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Pink Out 5K and Fun Run is scheduled for Saturday

Staff Report

A former Miss Childersburg has invited residents of Talladega and St. Clair counties to participate in a 5K and fun run this weekend to support breast cancer research.

The Pink Out 5K and Fun Run is scheduled for Saturday at the Gardendale Civic Center, 857 Main Street, Gardendale. The 5K begins at 8 a.m., followed by the Fun Run at 9 a.m.

"You do not want to miss this event," said Julianna Moreno, who served as Miss Childersburg and currently holds the Miss North Jefferson Area title in the Miss Alabama Organization. "All of the money will be given to the Breast Cancer Research Foundation of Alabama."

To register, email your name, age and t-shirt size to juliannasupportsbcrfa@aol.com. Registration donations of \$20 for adults and \$10 for chil-

dren 12 and younger will be accepted at the civic center before the races begin. Checks should be made payable to BCRFA.

"You don't even have to run to support the cause," Moreno said. "All you do is email and say you want a t-shirt without participating in the run, and we will order the one you want and tell you how you can go online and donate for the cause."

The BCRFA raises funds for cutting-edge breast cancer research at the UAB Comprehensive Cancer Center and its collaborative partners. Research dollars allow the center to successfully compete and receive sustaining grants, recruit and retain world-class breast cancer researchers to work toward groundbreaking discoveries, according to Moreno.

"The support of the Breast Cancer Research Foundation of Alabama has been key to the success of the UAB

Comprehensive Cancer Center's breast cancer research program, now recognized among the premier research programs in the United States. This longstanding partnership has provided resources to accelerate discovery and translate new knowledge into meaningful therapies for all types of breast cancer including the difficult-to-treat triple negative breast cancer."

Statistically, 1 in 8 women will be diagnosed with breast cancer, which is the second-leading cause of death, after lung cancer. Detecting breast cancer in its early stages offers the best chance of survival, medical experts say.

According to the National Cancer Institute, breast cancer has a 98 percent survival rate when detected early. The earlier it's detected, the better chance a patient has of surviving five years post-diagnosis. Self-exams, clinical exams and yearly mam-

mograms can help health care providers detect early-stage breast cancer.

Women are encouraged to perform self-exams at least once a month. While mammograms can help detect cancer before a lump can be felt, self-exams help women be familiar with how their breasts feel and look so they can better detect changes. Exams can be performed in the shower, in front of a mirror or while lying down.

Clinical exams are performed by qualified medical professionals who check for lumps and other physical changes in the breast. They are trained to recognize abnormalities. A clinical breast exam typically consists of a visual and manual assessment of the skin, tissue and lymph nodes of the breast, underarm and collarbone. The exam is often performed in conjunction with an annual physical exam.

Risk factors for breast

cancer can include lifestyle, menstruation, motherhood, hormones, family history, genetics and age. Some factors – such as smoking, weight and

alcohol intake – can be changed, while other risk factors cannot.

For more information, visit www.bcrfcure.org.

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Former Miss Childersburg Julianna Moreno encourages participation in the upcoming event to support breast cancer research.

Helping local families through some of life's most challenging times

Staff Report

PELL CITY – For the past quarter century, Lakeside Hospice in Pell City has helped local families through some of life's most challenging times.

"We are a faith-based, community-supported ministry, not-for-profit ministry committed to caring for the terminally ill," said Sharon Smith, senior vice president of operations.

Lakeside Hospice serves a total of eight counties in central and east Alabama, including St. Clair, Talladega, Calhoun, Jefferson, Shelby, Etowah, Blount and Coosa, providing end

of life care, medication and medical equipment to patients, ongoing support for caregivers, grief counseling to individuals who suffer losses of family members and outreach programs to local churches and communities.

Volunteers are an important aspect of the care provided by Lakeside Hospice, according to Elizabeth Thomaston, director of volunteer and community services. Medicare requires 5 percent volunteer participation, but a total of 46 volunteers boost Lakeside Hospice's participation level to 41 percent.

"We love our volunteers," Thomaston said. "They enhance the lives

of our patients and their families. Our volunteers give family members and caregivers needed respites, they work at our office, they help with community events. Some volunteers work from their homes making scarves, hats, prayer shawls, caregiver gift baskets and other items that impact the lives of our patients and their families. We work with students in Key Clubs and Beta Clubs at local schools – we love our junior volunteers too. We couldn't do what we do without all of our volunteers, though there's always a need for more."

A relatively new initiative started by Lakeside

Hospice is an outreach effort into Pell City schools by providing training to teachers and counselors and counseling to students about suicide prevention.

"There is a great need for this in our area," said Dr. Gloria Haynes, Lakeside Hospice's director of bereavement and chaplaincy. "We've made a good start, but there's still a lot of training to do with stakeholders, pastors and others who have an impact on the lives of children."

Dr. Michael Barber, superintendent of Pell City Schools, described the initiative as "a resource we appreciate having. It's all about helping out kids

who are going through things they don't know how to cope with successfully. Our children are the greatest resource we have. To lose one is too many."

Lakeside Hospice provides grief counseling to caregivers, parents who have lost infant children, children ages 5-18 who have lost parents or grandparents, and veterans, in addition to a number of other programs, such as:

• Matters of the HART (Healing and Restoration Therapy), an initiative developed by Lakeside Hospice. "We're very proud of it," Smith said, "and it has provided our patients with a lot of

comfort."

Through the program, a music thanatologist plays the harp for hospice care patients to help relieve their stress and pain. "It's amazing how it works," Smith said. "If a patient has stomach pain, she plays a certain tone. For back pain, it's a different tone. But it soothes their pain and helps them relax."

• Music therapy, which initially was used for Alzheimer's and dementia patients before being expanded for all patients. "It's also for stress and pain management," Smith said. "We provide them with an iPod that

See **Helping**, Page 22

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Helping

From Page 20

has music they like on it – we've uploaded Elvis Presley, ZZ Top, Benny Goodman, B.B. King, all sorts of music. There was one Alzheimer's patient who stood up and danced with a family member after not having been able to do that before they got the iPod. They only did it that one time, but it was very rewarding to be able to give the relative that connection with their loved one just one more time."

- Pet Peace of Mind, which allows hospice patients to keep their pets. "We help with vaccinations, food, trips to the vet, walking and grooming, supplies, whatever they need, so that a patient doesn't have to give up their beloved pet for financial reasons or because it's becoming too hard for them to take care of it," Smith said.

- The Alzheimer's and Dementia Support Group, which meets at 6:15 p.m. every first Tuesday at the Lakeside Hospice office. "Its purpose is to provide families and caregivers the resources they need to get through their journey," Thomaston said. "No one has to be a relative or caregiver of a Lakeside Hospice patient to attend. It's open to anyone who needs support."

Support group meetings feature speakers who discuss medical, legal and psychological topics. "It's wonderful to see families who don't

even know each other come together through the group," Thomaston said. "They're going through the same struggle, and they bond immediately and begin supporting each other. The support group is a blessing to Lakeside Hospice and the community."

- The Hope Line, a weekly call-in service available from 6-7 p.m. every Monday offering grief or other counseling services to individuals who may not be able to attend a support group meeting or visit the hospice office or wishes to remain anonymous.

Licensed counselors take the calls and offer support to callers. The number is 1-641-715-3580, and the 426918 access code must be entered.

During the next two months, Lakeside Hospice invites the public to be part of three events:

- The Reflections of Life Memorial Service, from 2:30-4:30 p.m. Sunday, Oct. 30, at New Hope Baptist Church in Eden.

- The Drumstick Dash 5K and 1-Mile Gobble Wobble Fun Run (benefiting the agency's bereavement and patient programs) at the Outlet Shops of Grand River in Leeds.

- A dinner theater production of "A Nice Family Christmas" at Celebrations in Pell City on Nov. 10 and 11. The event is a joint fundraiser with the Pell City Players.

For more information about the events, programs or volunteering, call 205-884-1111.



Tucker Webb/The Daily Home

Turnout was good at Selwood Farms last week for a fundraiser benefiting Lakeside Hospice, a local not-for-profit agency committed to providing end-of-life care for terminally ill patients. It serves eight counties, including Talladega and St. Clair.

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September is Ovarian Cancer Awareness month

Staff Report

September has been designated National Ovarian Cancer Month, raising awareness of a disease that is one of the world's deadliest cancers.

"The campaign dramatically points out how devastating this silent killer can be for the 1 in 75 women who will battle ovarian cancer in their lifetime," said David Barley, chief executive officer of the National Ovarian Cancer Coalition (NOCC). "Not knowing is literally killing thousands of women every year. Women usually don't feel sick early on and since there are no early detection tests, most women are diagnosed with ovarian cancer at a very late stage."

Ovarian cancer is the development of malignant cells in the tissues of the ovary, one of two small reproductive organs that produce female hormones and eggs.

"This year, more than 14,000 women will lose their lives to ovarian cancer – the most deadly of all female reproductive system cancers – and more than 21,000 of our mothers, daughters, wives and sisters will be diagnosed with this terrible disease," President Barack Obama said when declaring September as National Ovarian Cancer Awareness Month. "Every day across our country, friends, families and communities come together to support and empower those who are fighting for



Submitted photo

September has been set aside for raising awareness of a disease that is one of the world's deadliest cancers and encouraging support for initiatives and events to eradicate it.

their lives, offering encouragement and brining hope for a cancer-free future."

During September, the president continued, "our nation pauses to lift up all those who know the pain of this disease, honor those we have lost and renew our commitment to fighting ovarian cancer through more effective prevention, detection and treatment."

At present, there is no known method to prevent

ovarian cancer, but some things appear to reduce a woman's risk of developing the disease, according to health care professionals.

Oral contraception: Birth control pills reduce the risk, especially among young women who use them for five years or more.

Breast feeding and pregnancy: Having one or more children, particularly if the first is born

before the mother is 25, and breast feeding may reduce risk.

Tubal ligation: A surgical procedure in which the fallopian tubes are tied to prevent pregnancy, it reduces the relative risk of developing ovarian cancer. Its use as a risk reduction strategy may be appropriate for high-risk individuals and should be discussed

See Ovarian, Page 26



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Stacy: 'Physical therapy is like driving an ice cream truck'

By LACI BRASWELL
Home staff writer

LINCOLN – Dr. Bret Stacy has been practicing physical therapy for more than 20 years.

His office in Lincoln opened less than a year ago and now sees a multitude of patients to help meet a variety of needs. Stacy owns Lincoln Physical Therapy at 76359 Alabama 77, next to Silver Fox Pawn & Jewelry.

The practice offers manual therapy, corrective exercise, therapeutic modalities, weight loss and wellness services. Insurances accepted include Blue Cross Blue Shield, Humana, United Healthcare, Tricare, Workers Comp, Medicare, Medicaid, Align Network and self-pay.

Although he's now happily settled into his career path, becoming a physical therapist wasn't in Stacy's original plans.

"Before becoming a physical therapist, I was an aerospace engineer for the United States Air Force," he said.

When asked why he decided to pursue becoming a PT, Stacy said, "I just needed a career change. I thought about going to med school before finally deciding to practice physical therapy."

Stacy noted the career of a PT can be very rewarding.

"It's a great feeling to receive calls from former clients about how our treatment has helped them go on with their daily lives," he said.

Stacy has treated cli-

ents with various injuries and varying degrees of pain.

"My office treats all sorts of types of clients from athletes and the elderly, to those who just want to get into better shape," he said.

Stacy also has experience with all types of orthopedic and sports injuries.

"The human body has the same functions and purposes," Stacy said. "It's just the degree of how a person uses it that varies."

Additionally, he aided several athletes who competed at this year's Olympic trials.

"I worked with several female athletes competing at the summer Olympic trials," Stacy said. "It was an exciting experience."

The local physical therapist still stressed his concerns over the misconceptions of the practice.

"I think the biggest misconception with my job is that people generally don't understand what is that we do," Stacy said.

He explained that physical therapists are not "against the use of medication to treat certain ailments. We just want our patients to have another alternative."

Physical therapy also often gets mistaken for chiropractic services, he said.

A chiropractor diagnoses, treats and assists in the prevention of mechanical disorders of the musculoskeletal system. The purpose of chiropractic care is to

restore function and stability to the spine, specifically.

Physical therapy, on the other hand, is a health care profession which evaluates, diagnoses and provides treatment to develop, maintain, and return maximum movement and function throughout a patient's life.

Additionally, physical therapy treats an individual's body movements and functions when threatened by disease, injury, aging and environmental factors.

A physical therapist evaluates the body's components of movement and its functions, including range of motion, strength, balance, flexibility, posture, body mechanics, coordination, endurance and general mobility.

Attending physical therapy differs from seeing a chiropractor or physician in that its primary goal is to educate the patient about the cause of the problem, Stacy said.

"I love what I do. I like to compare it to driving an ice cream



Laci Braswell/The Daily Home

Physical therapy treatments are for everyone from athletes to the elderly to those who just want to be in better shape, according to Dr. Bret Stacy.

truck. I get paid to make people feel good."

For more information about Lincoln Physical Therapy or to make an appointment, call 205-518-8555.

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2016 East Alabama Walk & Ride 4 Sickle Cell

By **BUDDY ROBERTS**
Special Projects Editor

Talladega will play host to the 2016 East Alabama Walk & Ride 4 Sickle Cell event on Saturday, October 8.

Dr. Billy C. Hawkins, president of Talladega College, will serve as honorary chairman for the event, which benefits the Central Alabama Sickle Cell Foundation.

The walk starts at the college at 9 a.m., and participants may choose to walk a distance of 1K or 3K. On-site registration begins at 8 a.m.

The ride starts at Sheila Ash Garrett Event Center, 1366 Cove

Shocco Road, Talladega. On-site registration begins at 8:30 a.m.

The minimum adult registration fee is \$25, and the minimum student fee is \$15. All participants receive an event t-shirt. Sponsors include Honda of Alabama, the Theta Tau chapter of Omega Psi Phi Fraternity, Magic 1240 AM, the Talladega and Sylacauga chapters of The Legacy Club, American Legion Riders and Talladega College.

Sickle cell disease is an inherited disorder in which the body makes sickle-shaped red blood cells that can block blood flow in the blood vessels of the limbs and organs,

which can cause pain and organ damage and raise the risk for infection.

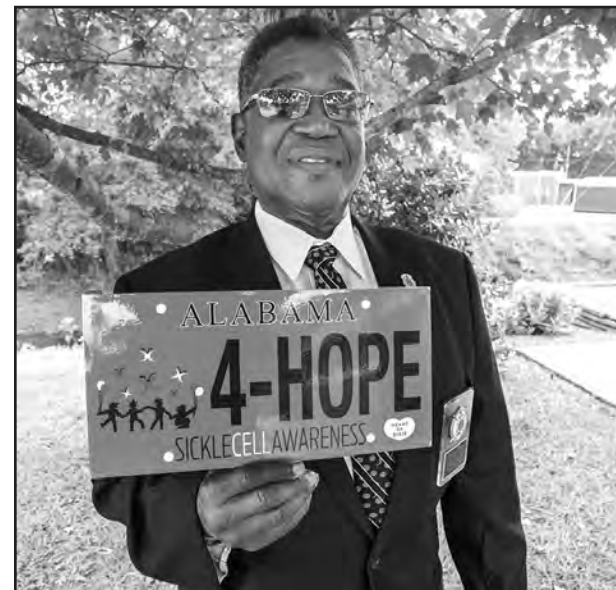
Statistically, it occurs in one of every 500 African American births and one of every 36,000 Hispanic American births. One of every 12 African Americans possesses its trait.

Talladega native Johnny Harris serves on the foundation's board of directors and described sickle cell disease as a condition about which many remain unaware.

"There hasn't been as much advocacy for it as there should be," he said. "You talk about cancer, there's information everywhere. There's more

awareness about genetic diseases that affect fewer people than sickle cell disease. It doesn't seem to get the attention a lot of other conditions get, so we need to be more vocal and spread awareness about it, especially here in central and east Alabama."

For more information about the walk and ride event, call Harris at 256-493-8407 or Pastor Byron White at 205-585-4116 or email info@sicklecellbirmingham.org. The foundation may be contacted at 205-780-2355 or www.sicklecell-birmingham.org.



Bob Crisp/The Daily Home

Johnny Harris of Talladega serves on the board of directors of the Central Alabama Sickle Cell Foundation.



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Ovarian

From Page 23

with a physician.

Hysterectomy: The surgical removal of the uterus, it has been demonstrated to reduce the relative risk. A woman should not have a hysterectomy exclusively to avoid the risk of ovarian cancer, but if one is being performed for valid medical reasons and the patient has a family history of cancer or is older than 40, she should discuss concurrent removal of the ovaries and fallopian tubes with her gynecologist.

Preventive surgery: A salpingo-oophorectomy is the surgical removal of one or both ovaries and the fallopian tubes. A preventive, or “prophylactic” salpingo-oophorectomy is only recommended for high-risk patients. The operation significantly reduces the risk of ovarian cancer, but not the risk of primary peritoneal cancer, which can develop after the ovaries are removed. This type of cancer looks and acts identical to ovarian cancer and the treatment is the same. Discussion with your physician is necessary to determine your individual risk and options.

There is no screening method for early detec-

tion for ovarian cancer. Symptoms can be vague and are not always gynecologic, but research shows that women with ovarian cancer often report having the following symptoms:

- Swelling of the stomach, sudden weight gain or bloating.
- Persistent pelvic or abdominal pain or pressure.
- Trouble eating or feeling full quickly.
- Feeling the need to urinate urgently or often.
- Feeling constantly tired.
- Upset stomach or heartburn.
- Back pain.
- Unusual vaginal bleeding.

“All women are at risk of ovarian cancer, and we encourage everyone to join NOCC’s call to arms,” Barley said. “The lack of public awareness and education about ovarian cancer is an important women’s health issue. Be part of our effort to bring the life-saving message about ovarian cancer to the public and to the medical profession. Your support will help to further our efforts in the fight against ovarian cancer.”

For more information about ovarian cancer and the NOCC, call 1-888-OVARIAN or visit www.ovarian.org.

A personal account of the battle with ovarian cancer

By **CLAY ALLISON**
Special to The Daily Home

The month of September is designated for Ovarian Cancer Awareness. I paid little attention to ovarian cancer awareness until 2004, when my wife was first diagnosed with stage 3C ovarian cancer.

Before that date, there was no reason for concern for me or my family, because it wasn’t a part of our lives. These past 12 years have changed my view on awareness of this cancer that ranks fifth as a cause of cancer deaths among women, and is the most deadly of all gynecological cancers.

More than 80 percent of women are diagnosed with ovarian cancer after the disease has spread beyond the ovaries when the survival rate is less than 25 percent. The American Cancer Society estimates that 21,290 women in the

U.S. are diagnosed annually and that 14,180 will die. That is a statistic that should cause anyone with a woman in their life to wake up and take note.

My wife was always observant in getting her yearly GYN exam and had received a clear report just shortly before she suffered a single abdominal attack that sent us to the emergency room. Her case was atypical because most women will suffer subtle symptoms for sometimes many weeks or months before being diagnosed.

The overt symptoms include abnormal vaginal bleeding or discharge, back pain, bloating, changes in bladder or bowel habits, feeling full quickly while eating, and pelvic or abdominal pain. Any of these symptoms lasting for more than a brief period should be closely examined and the source should be diagnosed.

If you see a doctor who tells you, “We’ll watch this and see how it progresses,” you should run -- not walk -- to another doctor. Demand that they find the source instead of treating the symptoms. Your life could depend upon it.

There is no screening test for ovarian cancer. A pap test does not detect ovarian cancer; it only detects cervical cancer. A CA 125 antigen blood test used to be used routinely for diagnosis, but that test is now used more to track the progression/treatment of ovarian cancer, since it sometimes results in false positives.

All women are at risk for developing ovarian cancer, and since there is no reliable early detection test, many women are diagnosed when the disease is in an advanced stage, which often leads to a poor prognosis.

If caught early enough, ovarian cancer has a 92

percent survival rate.

My wife continues to be treated for her OvCa and to date has received well over 120 rounds of chemotherapy, undergone numerous surgeries and participated in several research studies. She is still fighting her cancer and she is living with her cancer, by the grace of God, skill of her doctors, care of her nurses and her strong determination to give this cancer the time it needs but not one second more of her life than it requires.

Since the symptoms are so subtle, ovarian cancer is often called the cancer that whispers. The best thing that any woman can do is listen to her body if the subtle symptoms persist, and become aware of ovarian cancer every month and day of the year.

Clay and Carla Allison reside in St. Clair County.



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Submitted photo

David Spillers, CEO of Huntsville Hospital, thanks Glenn Sisk, CEO of Coosa Valley Medical Center, for his service as chairman of the Alabama Hospital Association.

Coosa Valley Medical Center CEO recognized

Glenn Sisk, president and CEO of Coosa Valley Medical Center in Sylacauga, has been recognized for his time as chairman of the Alabama Hospital Association's Board of Trustees during the panel's recent meeting in Montgomery.

"Glenn has been an excellent leader for our association through a somewhat challenging period of time," said Dr. Donald E. Williamson, president of the Alabama Hospital Association. "He has served in numerous leadership capacities within the association and is

known for his thoughtful insight and his dedication to hospitals their and patients."

Sisk, who has led Coosa Valley Medical Center since 2001, has served two terms as chairman of the board, along with serving as a committee chairman and a regional council president.

In addition, he has been a member of the Alabama Certificate of Need Review Board, the Alabama Public Health Licensure Board and is a current member of the Board of Directors for Blue Cross and Blue

Shield of Alabama.

Sisk has remained active in community activities, including serving on the boards of the Sylacauga Chamber of Commerce, the Talladega County Economic Development Authority and the Sylacauga Alliance of Family Enhancement.

Founded in 1921, the Alabama Hospital Association is a statewide trade organization that assists member hospitals in effectively serving the health-care needs of Alabama, through advocacy, representation, education and service.

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Coosa Valley Medical Center's Post Acute Division receives award for dedication to quality care

SYLACAUGA – Coosa Valley Medical Center's Post Acute Division has been recognized as a 2016 recipient of the Bronze – Commitment to Quality Award for its dedication to improving the lives of residents through quality care.

The award is the first of three distinctions possible through the National Quality Award Program, presented by the American Health Care Association and National Center for Assisted Living (AHCA/NCAL), the leading association for long term and post-acute care. The program honors providers across the nation that have demonstrated their commitment to improving quality of care for seniors and persons with disabilities.

"It's an honor to be recognized for the hard work and quality of care our team provides every day," said Amy Price, chief operating officer/chief nursing officer for Coosa Valley Medical Center. "Our team is dedicated to providing exceptional care to our patients and residents."

Implemented by AHCA/NCAL in 1996, the National Quality Award Program is centered on the core values and criteria of the Baldrige Performance Excellence Program, which is the foundation of the metric-based AHCA/NCAL Quality Initiative. The program assists providers of long term and post-acute care

services in achieving their performance excellence goals.

The program has three levels: Bronze, Silver, and Gold. Providers begin the quality improvement process at the Bronze level, where they develop an organizational profile with essential performance elements such as vision and mission statements and an assessment of customers' expectations. Bronze applicants must also demonstrate their ability to implement a performance improvement system. Trained Examiners review each Bronze application to determine if the center has met the demands of the criteria. As a recipient of the Bronze - Commitment to Quality Award, CVMC may now move forward in developing approaches and achieving performance levels that meet the criteria required for the Silver - Achievement in Quality Award.

The awards will be presented next month during AHCA/NCAL's 67th Annual Convention and Exposition in Nashville, Tennessee.

"I applaud the women and men of CVMC for their commitment to improve quality care," said Christine Boldt, who chairs the AHCA/NCAL National Quality Award Board of Overseers. "This award is the first step in a program that serves as an essential guide to performance excellence. I encourage CVMC to continue their quality journey."

The CVMC Post Acute Division is made up of Coosa Valley Nursing Home and the Transitional Care Unit. Coosa Valley's Post Acute Division is a federal and state-licensed 85 bed skilled nursing facility, providing skilled and intermediate nursing services on a 24-hour basis. The facility has been serving the geriatric community of south Talladega County for nearly 50 years.

The staff is dedicated to the quality health-care that is provided through compassionate care, a homelike environment and a commitment to minister to our residents and families. Coosa Valley Post Acute Division has 50 beds designated for long



File photo

Coosa Valley's Post Acute Division is a federal and state-licensed 85 bed facility, providing skilled and intermediate nursing services on a 24-hour basis.

term care patients and 35 beds designated for skilled short term care patients. The convenient

location allows for full access to outpatient services, emergency services and hospitalization.

For more information on the Post Acute Division at CVMC, call 256-401-4070.

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Nurse Practitioner**

Alabama Cardiovascular Group office opens at CVMC

Staff Report

Alabama Cardiovascular Group (ACG) has opened an office at the Coosa Valley Medical Center campus in Sylacauga.

The office is in the Medical Office Building at 209 W. Spring Street, Suite 304. ACG is an affiliate of Grandview Health.

“We are excited about this opportunity and look forward to working with and alongside the outstanding medical staff at Coosa Valley and to expanding our services in the Sylacauga community,” said Dr. Joaquin Arciniegas, senior partner with ACG. “Our goals are to make access to services more convenient for patients and to provide excellent patient care for those we serve.”

The new office is open Monday through Friday and staffed by cardiologists Juan Bernal, MD, FACC; Hasan Guven, MD, FACC; Byron Jones, MD, FACC; David

Schultz, MD, PhD; and James Taylor, MD, FACC. The five cardiologists have a collective 100 years of experience. Jeff Herald, nurse practitioner, will also be in the office daily.

ACG offers a full array of inpatient and outpatient cardiology services, including invasive and non invasive procedures.

“It is our pleasure to welcome the entire team of ACG to Coosa Valley Medical Center” said Glenn C. Sisk, CEO of CVMC. “This group of physicians has a long history of providing high quality, compassionate cardiovascular care to patients throughout Alabama. In particular, they have worked very effectively in other markets to allow patients the opportunity to receive care close to home and we believe this philosophy will be well received in our community. We have been fortunate to recruit many fine physicians to CVMC over the years, and the addition of ACG further advanc-

es our efforts to deliver care at the highest level.”

ACG is comprised of 13 cardiologists and five

nurse practitioners. The group’s primary office is located on the campus of Grandview Medical Center, off Highway

280 in Birmingham. ACG also has offices in Pell City, Trussville, Fultondale and Birmingham Southside.

For more information on ACG, or to schedule an appointment, call 256 401 4423.

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St. Vincent's St. Clair earns prestigious national recognition for heart care

Special to The Daily Home

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This drive to serve recently led to St. Vincent's being the first and only health system in the nation to hold the highest Society of Cardiovascular Patient Care (SCPC) heart accreditations in all three areas. Through the teamwork and determination of numerous associates and physicians across the Health System, St. Vincent's earned the prestigious accreditations in only seven months.

Among the many criteria evaluated were how the hospitals worked internally to care for cardiac patients, its outreach efforts to educate the community on heart disease, and its processes to help ensure patients continued to thrive even after they left the hospital.

St. Vincent's St. Clair holds the prestigious Society of Cardiovascular Patient Care accreditation in the area of Chest

Pain Center.

As an accredited facility, St. Vincent's St. Clair offers the following: quick assessment, diagnosis and treatment of chest pain patients; chest pain center treatment plan to promote optimal patient care; effective treatment plans for patients at low risk for acute coronary syndrome (blood flow blocked to heart); specially trained staff in the latest chest pain protocol; coordination of care across St. Vincent's Health System for those patients needing to be transferred for more extensive care; and community outreach programs to educate the public on recognizing the signs and symptoms of a possible heart attack.

Cardiologist Dr. Jason Thompson, who sees patients on the St. Vincent's St. Clair and St. Vincent's East campuses, has been a part of the accreditation process. "It's a huge win for the St. Clair community to have access to this level of heart care right in their own community," he said. "The accreditation has helped lead to quicker diagnosis and treatment of patients with chest pain when every second counts. By following consistent protocol, physicians and staff are able to stabilize and then transfer a patient if more intensive heart care is needed."

See **St. Vincent's**, Page 31



File Photo

St. Vincent's St. Clair in Pell City is accredited by the Society of Cardiovascular Patient Care.

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St. Vincent's

From Page 30

St. Vincent's Birmingham and St. Vincent's East achieved the highest level available in Atrial Fibrillation (AFib) with EPS, Heart Failure, and Chest Pain Center with Primary PCI and Resuscitation. St. Vincent's Blount also received Chest Pain Center accreditation.

And while this is a tremendous achievement for St. Vincent's St. Clair, the overall Health System and the cardiovascular patients they serve, it's not a one-time recognition. The best practices and new processes the accreditation has put into place

are the new standards of care that will only be enhanced for years to come.

St. Vincent's Health System, which is a part of Ascension, includes four hospitals, a health and wellness facility, outpatient surgery and diagnostic centers, home health and hospice, home medical equipment services, behavioral health, wellness services, corporate health services and specialized care.

To learn more about its full range of cardiovascular services, visit www.stvhs.com/heart. For a physician referral, call the St. Vincent's Heart and Vascular Line at (205) 939-7886.



File photo

St. Vincent's is the first health system in the nation to hold the highest accreditations in all areas from the Society of Cardiovascular Patient Care. "It's a huge win for the St. Clair community to have access to this level of heart care, cardiologist Dr. Jason Thompson said.

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