

Spring 2006

By Your Side

A publication for your good health from Doctors Hospital

What a Catch!



What a Match!

Doctors Hospital Partners with Augusta GreenJackets

What do homeruns and good health have in common? For Doctors Hospital and the Augusta GreenJackets, the answer is easy: they both require a winning attitude and solid strategy for playing at the top of your game.

It was this shared philosophy combined with a mutual commitment to community outreach that recently led The Augusta GreenJackets, Class A affiliate of the San Francisco Giants in the South Atlantic League, to select Doctors Hospital as their exclusive area healthcare partner for the next five years. It's an association both organizations believe will have significant impact on quality of life—and health—in the community at large.

"The support we have received from the Augusta community has been amazing," said Ripken Baseball owner and CEO Cal Ripken, Jr. "We are proud to call Doctors Hospital our partner and look forward to a long and mutually beneficial relationship."

"Our goal was to form a partnership that went well beyond signage and one that focused on the CSRA community and we achieved that with Doctors," added Nick Brown, General Manager of the GreenJackets.

According to Brown, the GreenJackets hope to make a greater impact in and around the Augusta community beginning this spring.

"With help from Doctors Hospital, The GreenJackets will focus its philanthropic efforts to support several important health issues and organizations," Brown said.

These include support of the Southeastern Firefighters Burn Foundation through the Joseph M. Still Burn Center at Doctors Hospital, helping the hospital host an event this summer in conjunction with the American Heart Association's Childhood Obesity Campaign, and championing the fight against breast cancer through the American Cancer Society and the hospital's Women's Diagnostic Center.

For Doctors Hospital, the partnership will further enhance many of its existing community, youth and sports-related outreach programs. According to Brian Lancaster, Director of Doctors Hospital's Rehab Health Centers, Sports

Medicine and Cardiopulmonary Health, the relationship will add an exciting new dimension to many of its outreach initiatives such as its annual youth baseball clinics and community-wide Center for Sports Medicine clinics. Other existing hospital programs that could benefit from the partnership include the Doctors Hospital Health Connection programs in Family Y facilities throughout town, its Athletic Trainers in Schools service, and its partnership with the Columbia County Recreation Department at Patriots Park.

"We take a proactive approach to healthcare; that's why almost all of our community initiatives are focused on wellness and quality of life," said Lancaster. "We're looking forward to exploring all the ways we can work with the GreenJackets to extend and enhance our wellness programs."

Doctors Hospital President and CEO Shayne George agreed.

"Doctors Hospital is delighted to be selected by Ripken Baseball as the official healthcare provider and partner for Augusta's team, the GreenJackets," said George. "We are already planning fun, healthy events and activities that will benefit GreenJackets fans, youth and the community at large. We believe this partnership is a home run!"

For news of community events in partnership with the Augusta GreenJackets, visit us online at www.doctors-hospital.net or www.greenjacketsbaseball.com.



Cal Ripken, Jr.



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Dr. Still Remembered

**In Memory of Dr. Joseph M. Still, Jr.
July 25, 1939 - February 1, 2006**

Founder of the Joseph M. Still Burn Center, Southeastern Firefighters Burn Foundation, and Research Consortium, Inc.

“Leadership was a way of life for Dr. Still—his vision will be greatly missed.”

C. Shayne George
President/CEO Doctors Hospital

“He was not only my doctor, he became my friend, my mentor.”

Lori Mabry,
Burn Survivor

“It was you, Daddy, who encouraged me to reach for the stars, literally.”

Susan Still-Kilrain, Daughter, Astronaut

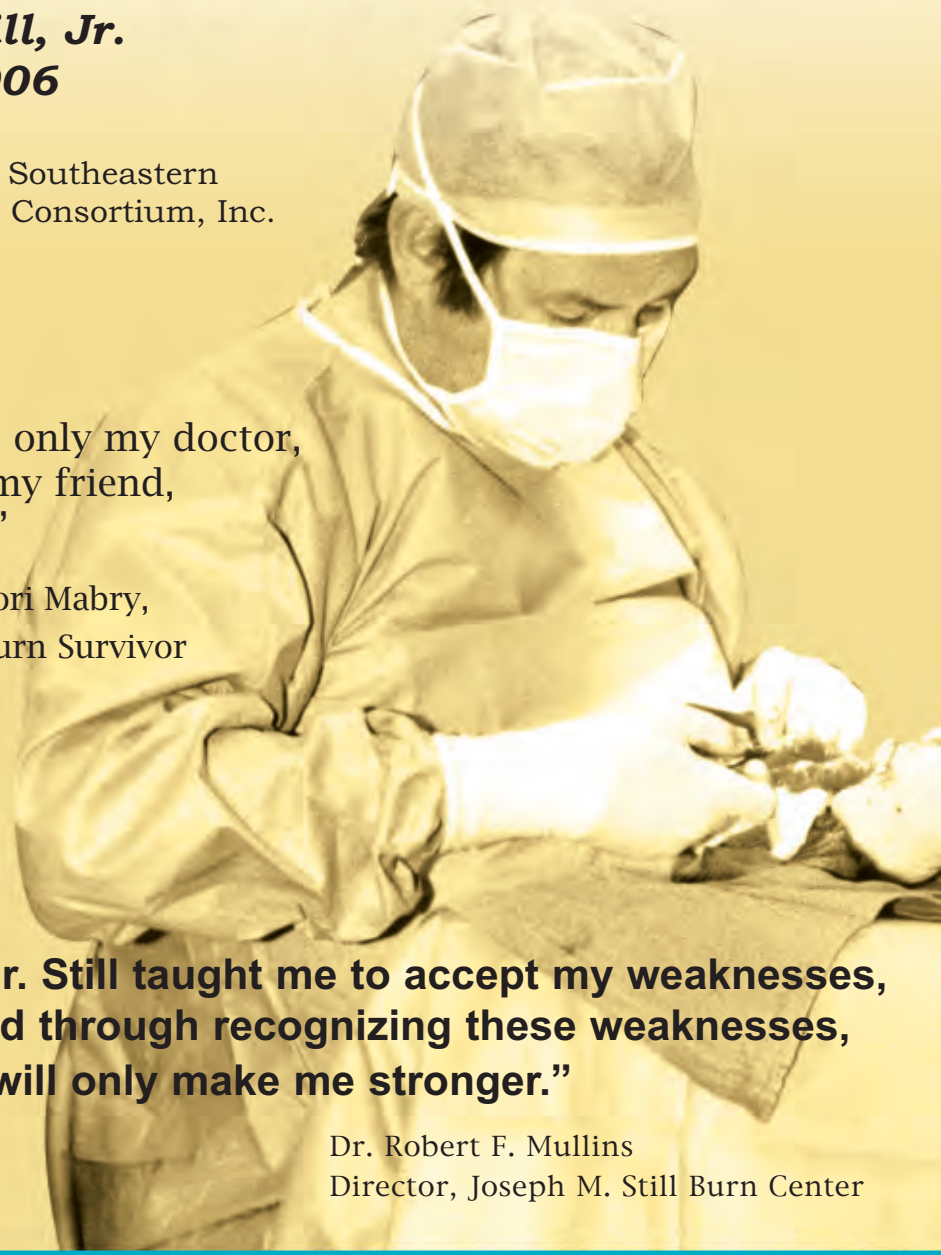
“Dr. Still was a very noble man.”

Dr. S.M. Abu Zaheed Hassan, Colleague

“He gave to everyone, he has left such a legacy.” Shirley Badke, Burn Survivor

“Dr. Still taught me to accept my weaknesses, and through recognizing these weaknesses, it will only make me stronger.”

Dr. Robert F. Mullins
Director, Joseph M. Still Burn Center



Safe Sitter Graduate Saves Child from Choking

When Maggie Salley, a 7th grader at Westminster, saw her three-year-old cousin choking on a teething biscuit, she calmly announced to her aunt, “I took the course, give him to me. I know what to do.”

Within seconds, the Safe Sitter® training she had learned at Doctors Hospital kicked in. After making sure that little Charlie Salley was indeed choking and that a rescue breathing procedure was the appropriate course of action,



she began administering aid. Shortly thereafter, Charlie expelled the biscuit blocking his airway. What had begun as an average afternoon of minding cousins ended in a life-saving experience.

“It was no little thing,” said Alice Salley, Maggie’s mother. “Charlie had actually begun turning blue. She literally saved his life.”

Both Alice and her sister-in-law, Tara Salley, said they were amazed at how calmly and expertly Maggie had responded to the emergency—a testament Alice attributed to the training her 12-year-old received during the Safe Sitter® course she had completed only months before.

“I don’t think she actually realized the gravity of what she had done until Charlie was safe and it was all over,” Alice said. “But during the crisis, she was as cool as a cucumber!”

According to Doctors Hospital Safe Sitter® instructor Debbie Schaffer, RN, the intensive one-day course is designed to teach adolescents between the ages of 11 to 13 how to handle crises, keep their charges secure, and how to nurture and guide a young child. It also covers the “business” aspects of providing sitting services including how to determine by phone whether a job is safe, how



(L-R) Haleigh Tomlin and Brenna Hancock learn how to diaper an infant from Doctors Hospital Safe Sitter® Instructor, Debbie Schaffer, RN.

to talk to clients about fees, and how to handle difficult parents. Schaffer added that one of the most important by-products of taking the class is that students often emerge more confident, responsible and go on to become more compassionate teens and adults.

“The course literally covers everything,” Schaffer said. “Upon completion almost 99.9% of the children I’ve taught say they feel more confident and more prepared.”

Safe Sitter® at Doctors Hospital is offered once a month, usually on a Saturday although the day may vary during the summer. Open to boys and girls ages 11-13, the class is \$25 per student and includes a take-home training kit. Limited to six students per session, registration is recommended by calling 706.651.2229 (BABY).





The Frist Humanitarian Awards **WINNERS**

Hospital Celebrates Frist Recipients

Two people noted for going “above and beyond” in their service to others have been nominated by Doctors Hospital for a national humanitarian award.

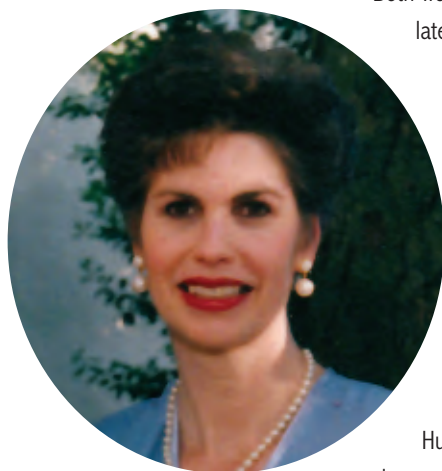
Lore Rogers, RN, BSN, with the Joseph M. Still Burn Center at Doctors Hospital, and Joy Waldo, a volunteer in the hospital’s Progressive Care Unit have received the Hospital Corporation of America (HCA) Frist Humanitarian Award. The award, named in honor of HCA’s founder Dr. Thomas Frist, Sr., was created over three decades ago to honor outstanding individuals for their humanitarian and volunteer activities. HCA is the parent company of Doctors Hospital.



Rogers, a charge nurse and quality coordinator with the Burn Center, was selected as the hospital’s employee recipient. In addition to serving as a relief nurse in Louisiana following Hurricane Katrina, Rogers was part of an eight-member team that tended burn victims of a deadly fire in Lima, Peru in 2002. She has also been on medical volunteer missions to Honduras with her church for the past three summers.

Waldo was selected for her volunteer work with critically ill patients at the hospital. In addition to volunteering with Doctors Hospital for ten years, she has devoted many hours to Christian education within her church.

Both women will be honored at the hospital’s annual service awards banquet later this month. As Doctors Hospital recipients, they are automatically eligible for the national HCA Frist Humanitarian Award. Every year HCA celebrates the humanitarian spirit and principles upon which the company was founded by selecting a local employee and volunteer at each HCA facility. The nominations are then sent to the corporate office for consideration for the national award. Of the two national awards, one recognizes an HCA employee who goes beyond day-to-day responsibilities in their overall service to the community. The other recognizes an HCA volunteer who gives unselfishly to their community and in their service to patients within the company’s facilities. The Frist Humanitarian Awards are HCA’s most prestigious honor and its longest standing tradition.



Meet Our Board Member

To say Betty Dyches serves her community consistently and well would be an understatement. As a Case Expeditor with the State of Georgia’s Mental Health, Developmental Disabilities and Addictive Disease (MHDDAD) Regional Board, Dyches was recently appointed as one of two community representatives on the Doctors Hospital Board of Trustees. As such, she offers a lifetime of professional and charitable advocacy experience—an opportunity she said she takes very seriously.

“I am pleased to serve on the Board and take my position very seriously,” Dyches said. “I believe Doctors Hospital plays a vital part in our community—especially in terms of its consistent commitment to community outreach.”

Dyches, also current President of the Georgia-Carolina Boy Scouts of America, said she respects the hospital’s dedication to outreach and has seen firsthand its commitment in action.

“Doctors Hospital has provided significant funding and support for the Boy Scouts Hispanic Emphasis Program, an initiative that reaches out to this very important group in our community,” Dyches said.

While serving on the Doctors Hospital board, Dyches said she hopes to combine her MHDDAD background with the hospital’s reach to enhance public awareness of the challenges facing today’s mentally disabled. As a Case Expeditor with MHDDAD, Dyches helps people in the program transition into the community. In addition to providing support to people with mental retardation and related developmental disabilities, MHDDAD also offers treatment and support services to those with mental illnesses and addictive diseases.

Throughout her life in Augusta, Dyches has been affiliated with or served in leadership roles with over twenty local, regional and national organizations, including United Way of Augusta, the Central Savannah River Girl Scout Council, the Child Abuse Council, the Augusta Coalition for Children and Youth, the Georgia Chapter of the Alzheimer’s Association, and the Division of Aging Advisory Council.

An Augusta native, Dyches graduated from the University of Georgia with a degree in Education. Married with two grown children and three grandchildren, she is a lifelong member and leader at St. John’s United Methodist Church.



A Message From Our President/CEO



It has been said that nothing remains constant but change itself. Never did this observation seem more relevant than upon reflection of the past few months here at Doctors Hospital. And while change can often result in positive and healthy transformation, it can feel overwhelming when it is unexpected such as a sudden illness or loss of a loved one.

Such was the case of the recent passing of Dr. Joseph M. Still. He was a man who dedicated his entire professional life to helping others by championing advancements in the care and treatment of burn patients. As founder and medical director of the Joseph M. Still Burn Center at Doctors Hospital for over 25 years, his contributions to the greater healthcare community and to Doctors Hospital specifically, will live long into the future. Our consolation in processing his loss is that he had the generosity of spirit and foresight to ensure that his mission will continue under the expert direction of the physicians and staff. We can be grateful to have known Dr. Still and will miss him dearly.

In support of change as a positive and growing experience, Doctors Hospital has been working diligently to realize a much-needed one: the expansion of our Wheeler Road hospital facilities. Over the past five years we have seen a significant increase in the number of patients choosing to be treated here. We have also noted that more patients are requesting private rooms. In answer, we will be adding a three-story addition to the front of the hospital that will accommodate this exciting growth. The proposed “tower expansion” will allow us to expand our facilities as well as to increase the number of private rooms and Intensive Care Unit beds available. Look for news of this exciting project in the coming months.

Another exciting development has been our recent partnership with the Augusta GreenJackets. Selected as their exclusive healthcare provider and partner, we are looking forward to working with this great organization to enhance and expand on our many youth, community and sports outreach programs.

As the seasons change and life continues to be renewed once again, we will remain committed to the care and improvement of human life.

Sincerely,

C. Shayne George
President/CEO, Doctors Hospital

Know Your Meds!

Perhaps one of the few positive lessons learned from recent natural disasters such as Hurricanes Frances and Katrina, is that preparedness saves lives. Having a list of medications and basic health information on-hand for each member of your family should rank at the top your readiness list. But beyond unforeseen emergencies, maintaining a current medication list—or Universal Medication Form (UMF)—has other life-saving benefits you may not have realized.

“The Universal Medication Form is an important tool for consumers, healthcare professionals and EMS workers in that it transfers vital medical information quickly and efficiently,” said Karen Swim, RN and Vice President of Nursing at Doctors Hospital. “For instance, it allows healthcare providers and pharmacists to review a complete list of meds for any possible concerns such as mixing incompatible medications.”

She added that another important use of the UMF is upon hospital admittance for inpatient, outpatient or Emergency Department services. When you are admitted to the hospital, your UMF allows healthcare professionals to compare your list of current medications to those your physicians might order during admission, transfer, or discharge. This process of reconciliation can help prevent adverse drug events. Upon discharge, the hospital will provide you with information so that you may update your list to include both old and new medications that you are to continue taking.

“Patient safety is a top priority at Doctors Hospital. Encouraging patients to take an active role in their healthcare by maintaining an up-to-date UMF is one of the many ways we strive to ensure that safety,” Swim said.

Using Your Universal Medication Form

- Use the form to list all prescriptions, over-the-counter medications, vitamins and herbals you are taking.
- Everyone should complete this form.
- Take the form with you to all doctor visits and diagnostic tests. Have the doctor update the form at each visit.
- This form will improve medication safety by improving communication, reducing confusion and saving time.
- If you have a medical emergency, take the form with you to the Emergency Room.
- If you are having an inpatient or outpatient procedure, take the form with you to the hospital.
- Fold the form and keep it in your wallet, pocket or purse.

* Form also available on www.doctors-hospital.net.

Universal Medication Form

✂ Tear Off and Keep in Your Wallet ✂

Name _____

Address _____

City _____ State _____ Zip _____

Home Phone# _____ Cell# _____

Emergency Contact _____

Phone# _____

Age _____ Blood Type _____

Insurance _____ Policy# _____

Doctor's Name _____

Allergies: _____

Current Medications: _____

Weighing In On DIABETES

There's a growing trend appearing in physician's offices and hospitals across the country that many studies now suggest is linked to the rapidly-expanding girth of our waistlines: it's called Type 2 or adult-onset diabetes. And while obesity has always been a risk factor for developing the disease, as the number of obese or overweight adults and children nationwide continues to rise, so do serious health consequences.

"Diabetes can have such a detrimental effect on a person's health. Maintaining an appropriate weight is one of the main health habits within our control to prevent from developing the most common form of the disease, Type 2 diabetes," said Brad Cheek, Director of the Diabetes Care Center at Doctors Hospital.

It has been estimated that nearly two-thirds of adults in the United States are either overweight or obese, and that nearly one-quarter of our nation's children are overweight or at risk of being so. Type 2 diabetes accounts for about 90% of all diagnosed cases of the group of diseases known as diabetes—high levels of blood glucose resulting from defects in insulin production, insulin action, or both. Risk factors for developing Type 2 diabetes include older age, obesity, a family history of the disease, a family history of gestational diabetes, impaired glucose metabolism, physical inactivity and race/ethnicity. African Americans, Hispanic/Latino Americans, and American Indians, among others, are at particularly high risk for Type 2 diabetes and its complications.

Other forms of the disease include Type 1 diabetes and Gestational diabetes. Type 1 diabetes, also known as juvenile onset diabetes, develops when the body's immune system destroys pancreatic beta cells, the only cells in the body that make the hormone insulin that regulates blood glucose. To survive, people with Type 1 diabetes must have insulin delivered by injection or a pump. This form of diabetes usually strikes children and young adults, although onset of the disease

can occur at any age. Gestational diabetes is a form of glucose intolerance diagnosed in some women during pregnancy. It occurs more frequently among African Americans, Hispanic/Latino Americans, and American Indians. It is also more common among obese women and women with a family history of diabetes. During pregnancy, gestational diabetes requires treatment to normalize maternal blood glucose levels to avoid complications in the infant. After pregnancy, 5% to 10% of women with gestational diabetes are found to have Type 2 diabetes. Women who have had gestational diabetes have a 20% to 50% chance of developing diabetes in the next 5–10 years.

According to Cheek, many people with Type 2 diabetes can control their blood glucose by following a healthy meal plan and exercise program, losing excess weight, and taking oral medication. Learning what to eat and to manage their condition is an important component of the hospital's diabetes program.

"We offer a full range of services designed to educate individuals and help them control their diabetes," Cheek said.

Sheri Loflin, RD, LD, and a Certified Diabetes Educator at Doctors Hospital, is trained to work with diabetics. She said people usually become extremely motivated to control their disease when they reach the need for injected insulin, but that implementing permanent lifestyle changes at disease onset is key to managing it.

"While there are many causes of diabetes, by tackling issues such as diet, obesity and overall fitness, we're able to impact health problems down the road," Loflin said.

For more information on Diabetes Management Classes at Doctors Hospital, call 706-651-2468.

Warning Signs of Type 2 Diabetes

Type 2 diabetes is usually not diagnosed until complications have occurred. Most often, there are no symptoms or a very gradual development of symptoms. In fact, about a third of all people who have Type 2 diabetes don't know they have it. Warning signs include:

- Slow-healing sores or cuts
- Itching of the skin (usually around the vaginal or groin area)
- Frequent yeast infection
- Recent weight gain
- Velvety dark skin changes of the neck, armpit and groin
- Numbness and tingling of the hands and feet
- Decreased vision
- Impotency

When hyperglycemia or high blood sugar occurs, a condition in which an excessive amount of glucose circulates in the blood, symptoms can include:

- Increased thirst
- Increased hunger (especially after eating)
- Dry mouth
- Frequent urination
- Unexplained weight loss (even though you are eating and feel hungry).
- Fatigue (weak, tired feeling)
- Blurred vision
- Headaches
- Loss of consciousness (rare).

If you have any of these symptoms, contact your health care provider right away so you can get tested or screened. Even people with pre-diabetes can have the increased risk of heart disease seen in people with diabetes.

Hospital staff compete for "Luckiest Loser" title.

When it comes to contests, most of us try not to lose—unless of course 'winning' actually means 'losing' weight! Such is the case for about 100 Doctors Hospital employees who recently began a 12-week weight loss competition.

Inspired by television's popular reality series, "The Biggest Loser," Doctors Hospital hopes their "Luckiest Loser" Weight Loss Challenge will raise public awareness of the health risks associated with obesity. According to Sheri Loflin, RD, LD, CDE, and a clinical nutrition manager at the hospital, the program not only highlights the issue but also demonstrates a fun, rewarding method of losing weight.

"Obesity is a growing trend in our society. Unfortunately, it can increase a person's risk of developing other serious health conditions such as heart disease and diabetes," said Loflin. "What better way to begin changing this alarming national trend, than right here at home?"

Like its television prototype, the Doctors Hospital weight loss challenge is team oriented and incentive-based. Coordinated by the hospital's Food and Nutrition Services department, the program began in March, in observance of National Nutrition Month. About 20 teams comprised of nurses, support staff, Administration, a physician and physician assistant, registered for the challenge.

During the competition, participants will weigh-in weekly, paying five dollars each week. If a participant gains weight, he or she will pay one dollar per pound at weigh-in. The team at the end of the competition with the highest percentage of total weight lost will win 60% of the total cash prize that has been accumulated at all weigh-ins. The second place team will win 30% of the total and the third place team will receive 10%. Additionally, there will be a prize for the overall individual "losers", male and female.

The Doctors Hospital Laboratory conducted pre-challenge blood work on each participant, which included a basic metabolic panel and lipid profile. Participants will also have blood drawn at the end of the challenge. The information gathered from the blood work will assist in determining which weight loss methods were most successful and beneficial.

Throughout the competition, dietitians will provide support material such as healthy recipes and snack ideas, exercise passes to local gyms, discount cards for special wellness meals and "Dial-A-Dietitian" cards which list a telephone extension for participants to call for answers to questions and additional support. The competition concludes on Tuesday, May 23.

"We're hoping that by tackling the issue of obesity in this way, we will ultimately be able to impact health issues down the road," Loflin said.

For more information about nutrition services at Doctors Hospital, please call Sheri Loflin at 706-651-6043.

THE
**LUCKIEST
LOSER**
3 4 5 6 7 8

**DOCTORS
HOSPITAL**
Life is a gift. Live it well.

A Walk to Remember



Mark your calendars, **Relay For Life** is only weeks away! Sponsored by the American Cancer Society (ACS), this year's fun-filled event will be held **May 5th and 6th at The Family Y on Wheeler Road.**

An overnight event, the annual walk celebrates cancer survivorship, remembers those who lost their lives to cancer, and raises money to fight the disease.

Participation includes walking the track alone or with a team, sponsoring a friend to do so, or simply helping out with the event. Proceeds support the ACS mission to eliminate cancer as a health problem by preventing cancer, saving lives, and diminishing suffering through research, education, advocacy and services.

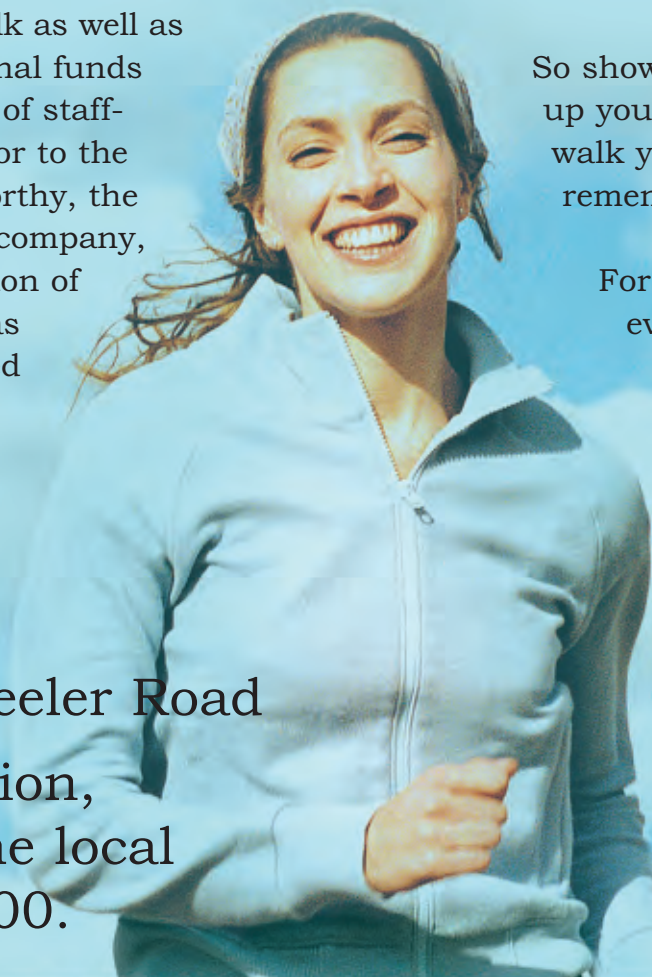
As in years past, Doctors Hospital employees, families and teams will join in the walk as well as help raise additional funds through a variety of staff-related events prior to the walk. Also noteworthy, the hospital's parent company, Hospital Association of America (HCA) was recently recognized as a national participant in

the American Cancer Society's Relay For Life National Corporate Team Program, the first healthcare provider in the country to be thus acknowledged. A company qualifies for the program when, in one calendar year, it has more than 50 teams in two or more states, has raised more than \$100,000, and provides company support for the project.

So show your support—lace up your shoes and take a walk you'll be proud to remember all year long!

For information on the event, to register for the walk, or to purchase Torch of Hope lights in support of the ACS, call Stella Lerer at **706.651.6500** or visit **augustarelay.com.**

May 5th-6th
at The Family Y on Wheeler Road
For additional information,
call 706.651.6500 or the local
ACS office, 706.731.9900.



Winning Ways to Lose

And Manage Your Diabetes

With spring in the air and summer on the way, it's time to update your salad recipes. Whether working to lose a few pounds or seeking new recipes that meet diabetic diet guidelines, this light summery salad will satisfy your hunger and your urge for sweets!

Crab and Melon Salad

(Makes 4 servings)

1 pound (480g) cooked crabmeat, drained and picked through to remove any shell

1/4 cup (60 g) chopped red bell pepper

1/4 cup (60 g) chopped yellow bell pepper

6 fresh basil leaves, chopped

1/4 cup (12 g) minced fresh chives

1/4 cup (64 g) low fat mayonnaise

1 teaspoon (5 ml) Dijon mustard

1 teaspoon (5 ml) fresh lemon juice

Freshly ground pepper to taste

1 medium cantaloupe, about 1 1/2 pounds (600 g), cut into quarters and seeded

6 ounces (180 g) baby salad greens, washed and crisped

Paprika (optional)



Preparation:

1. In a bowl, combine crabmeat, bell peppers, basil, and chives.
2. In a small cup, whisk together mayonnaise, mustard, lemon juice, and pepper. Spoon over crabmeat mixture and toss lightly to mix.
3. Peel cantaloupe and cut each quarter into three wedges.
4. Arrange salad greens on 4 large plates. Place cantaloupe wedges in a fan over the greens. Top with an equal portion of crabmeat mixture. Sprinkle each serving with paprika (if using).

Nutrition Per Serving:

186 calories (17% calories from fat), 25 g protein, 4 g total fat (0.4 g saturated fat), 14 g carbohydrates, 2 g dietary fiber, 113 mg cholesterol, 507 mg sodium

Diabetic Exchanges:

3 lean protein, 1 carbohydrate (1/2 fruit, 1 vegetable)

Spring Calendar

MARCH OF DIMES WALKAMERICA 2006

When: Saturday, May 20

Where: GreenJackets Stadium

Learn More: www.walkamerica.org

Each year, nearly half a million babies are born prematurely. Today, 157 babies will be born so small they fit in the palm of a hand. Premature babies are 14 times more likely to die in their first year than full-term babies. No one knows why preterm birth happens. And no one is working harder than the March of Dimes to find the causes of preterm labor and stop it from happening. March of Dimes WalkAmerica saves tiny babies. When you join WalkAmerica, you're a hero for helping give tiny premature babies a fighting chance.

If you would like to help or sign up for the walk, please call 1-800-525-WALK (9255). "Be a hero for the tiniest babies"

What Parents & Teachers Should Know About AD/HD

Monday, May 8, 7 - 9 p.m.

Location: MOB 1, Third Floor, Suite 309

Join Reginald Pilcher, MD, and Warren Umansky, PhD, for this workshop, which will provide parents and teachers with current information on the diagnosis and treatment of attention deficit disorders in children. You'll learn about suspected causes of AD/HD and how to manage problems associated with AD/HD in the home, classroom and community. A question and answer period will follow. Please call 706-651-2450 to register.

You're A Big Girl Now*

Saturday, May 13, June 10 and July 8, 10 a.m. - 12 p.m.

This class is for girls ages 9-12, and their mothers. Information will be shared on puberty and adolescence. Girls will discuss ways to successfully "survive" these natural changes. Please call 706-651-2229 to register. The cost is \$10 per person.

Boys to Men*

Saturday, May 13, 10 a.m. - 1 p.m.

Location: Medical Office Building I, Third Floor, Suite 309.

Saturday, June 24, 10 a.m. - 1 p.m.*

This class is for boys 13-16 years old. Inclusion of a father or a male relative is optional. This class encourages the young man to make confident decisions when faced with challenges, and to accept responsibility for his behavior. Please call 706-651-2229 to register. The cost is \$10 per person.

Safe Sitter Class*

Saturday, May 20, June 3 and July 15, 9 a.m. - 4:30 p.m.

This is a medically accurate program that teaches students ages 11-13 safe and nurturing child care techniques, behavior management and appropriate responses to medical emergencies. The cost is \$25 per person. Please call 706-651-2450 to register.

Growing Into Womanhood *

Saturday, May 27, 10 a.m. - 12 p.m.

This course is for girls 13-16 and their mothers or a female relative. Sexuality, peer pressure, substance abuse and confident decision-making skills will be taught and discussed. This class will encourage the young woman to explore, understand and accept her own special body in a positive way. Please call 706-651-2229 to register. The cost is \$10 per person.

Diabetes Support Group

Tuesday, June 13, 6 p.m.

Location: Doctors Hospital Campus, Office Building III, Classrooms 4 & 5. An educational seminar for the person with diabetes and his/her family members. Please call 706-651-2468 to register.

Community Health Screenings

Tuesday, June 27, 7:30 - 10:30 a.m.

New Location: H2U Building located on the Doctors Hospital Campus.

- No appointments needed, follow the signage to the H2U building and enter through the side entrance. Please call 706-651-6716 if you need assistance with directions.
- Free Cholesterol, Blood Sugar & Blood Pressure.

SAVE THE DATE!

**Seventh Annual CareFair for Women
Saturday, August 26
ASU Athletic Complex**

All women are invited to this special event to treat the mind, body and soul. Women will receive image-boosting services from massages, manicures and makeovers to life-saving screenings and health information including blood pressure, blood glucose, healthy recipes and much, much more!

*Community Education classes are held at: Doctors Hospital Campus, 3623 J. Dewey Gray Circle, Medical Office Building I, Third Floor, Suite 310.



Free Morning Fitness Class**

Every Monday, Wednesday and Friday, 8:30 & 9:15 a.m.
For members only.

Movie days, Bingo, Craft Class, Bridge & Canasta, Ballroom Dancing, Line Dancing, Body Shaping Classes, Dutch Treats, Day Trips and Overnight Trips**

For more information, please call 706-651-6716.

Orientation Coffee for New and Renewing Members**

Tuesday, May 16, June 6 and July 11, 10 a.m.

Open to all interested in joining H2U: Health, Happiness, You. Please RSVP to 706-651-6716.

Red Hot Mamas

Tuesday, May 16, June 13 and July 11, 6 p.m. in Classrooms 4 and 5 of H2U Building. Join us for this exciting and dynamic series. Red Hot Mamas is one of the country's best known information programs about menopause that enables women to take a more active role in their own health care. Please RSVP to 706-651-6716.

Covered Dish Luncheon and Auxiliary Meeting

Third Monday, May 15, June 19 and July 17, 12 p.m. at Savannah Rapids Pavilion. Please RSVP to 706-651-6716.

AARP Driver Safety Program**

Thursday & Friday, May 18 & 19; June 15 & 16; and July 13 & 14, 12 p.m. Open to the public 50+.

Participants must pre-register by calling 706-651-6716.

Education Program - "Making Your Insurance Work For You."**

Friday, May 12, 11:30 a.m.

Presented by Mitchell Medical Billing Services. Lunch is provided. Please RSVP to 706-651-6716.

Education Program - "Skin Cancer: If you Can Spot it, you Can Stop it."**

Friday, June 23, 11:30 a.m.

Presented by Sanders R. Callaway, M.D. Lunch is provided. Please RSVP to 706-651-6716.

Education Program - "The Do's and Don'ts of Outdoor Exercise in the Summertime."**

Friday, July 28, 11:30 a.m.

Presented by Jerry Lambert, M.D. Lunch is provided. Please RSVP to 706-651-6716.

To join or register for classes please call 706-651-6716.

**The above classes will be held in the H2U Meeting Area located on the Doctors Hospital Campus, Building III 1305 Interstate Parkway.



Cradle Club

Prepared Childbirth Classes*

7 - 9:30 p.m.

(Mondays)

May 1 - May 29
June 12 - July 10

(Tuesdays)

May 23 - June 27
July 11 - August 15

Infant CPR

Thursday, 6:30 - 9 p.m.

(MOB I, Third Floor, Suite 309)

May 2
June 8
July 13

Labor and Delivery Tour

(MOB I, Third Floor, Suite 309)

Thursday, 7 - 8:30 p.m.

May 4
June 1
July 6

Join our Cradle Club today! Membership and classes are FREE!

Please pre-register for all classes. Call 706-651-BABY (2229) or register online: www.doctors-hospital.net

Saturday Express Prepared Childbirth*

9 a.m. - 5 p.m.

May 6
June 17
July 22

Infant Massage*

Saturday, 1 - 2 p.m.

May 13
June 10
July 8

Baby's Brother & Sister*

Sunday, 2 - 3:30 p.m.

May 21
June 25
July 16

Baby Care*

Sunday, 4 - 6:30 p.m.

May 21
June 25
July 16

Breastfeeding*

Thursday, 6:30 - 8:30 p.m.

May 25
June 21
July 12

*Cradle Club classes are held at: Doctors Hospital Campus, 3623 J. Dewey Gray Circle, Medical Office Building I, Third Floor, Suite 310.





3651 Wheeler Road
Augusta, GA 30909
706.651.3232
www.doctors-hospital.net

C. Shayne George, President/CEO
James B. Davis, MD, President, Medical Staff
Alton F. Garrison, MD, Moderator, Board of Trustees

Please send comments or suggestions to:

Ginger Tyra
Director, Marketing and Public Relations
Doctors Hospital
3651 Wheeler Road
Augusta, GA 30909
or call: 706.651.2201



CareFair

for women

The Augusta
Chronicle

CairFair is Coming!

Mark your calendars—CareFair for Women is fast approaching! Join us for an annual community-wide event devoted to women's health and happiness. This special "girls" day out is filled with fun activities such as massage, manicures, makeovers, fashion shows and fitness demonstrations. It's not only a great way to spend the day, but also an opportunity to get important health screenings and catch up on the latest in women's health information.

Augusta State University Athletic Complex
3109 Marvin Vanover Drive,
Just off Wrightsboro Road.

Save the Date!
Saturday, August 26
10 a.m. - 3 p.m.



For more information call 706.651.FAIR (3247). To inquire about exhibit booth space, contact Beth Frits at 706.364.6400. See you at the Fair!