

By Your Side

A publication for your good health from Doctors Hospital

Dead Tired!

Some Sleep Disorders Can Be Life-Threatening.



LaShawn Meriwether had been feeling ill for so long with extreme sleepiness, chest pains and morning headaches that last Thanksgiving, she told her family she was probably going to die soon. Fortunately, just a few weeks later at a work-related health fair sponsored by Occupational Health Services at Doctors Hospital, the mystery of her exhausting condition began to unravel.

Like an estimated 12 million Americans, Ms. Meriwether suffers from a potentially life-threatening disorder called obstructive sleep apnea syndrome (OSA). The most common symptom of OSA is sleepiness, but other symptoms may include morning headaches, dry mouth, snoring, trouble concentrating, forgetfulness and depression. Ms. Meriwether experienced them all. In fact she described her seven-year journey from first symptom to final diagnosis as physically and emotionally exhausting.

“Before I was diagnosed, I woke up tired no matter what time I went to bed or how many hours I had slept. I had a headache every morning, chest pains, memory problems, and even worse, I was finding it harder and harder to concentrate at work,” Ms. Meriwether said. “When I would describe my condition to others, they'd say I was just trying to do too much and that I was probably suffering from stress.”

As a wife, mother and quality control chemist with Monsanto Industries, Ms. Meriwether would have had good reason to suspect that stress was affecting her health. In addition to her regular duties over the past several years, she also completed her Masters in Business Administration, became a certified builder, and started building a home. She admits she was juggling a lot, but said no matter what she did to de-stress her life, her symptoms persisted—in fact, they became worse.

“There was no doubt I was stressed,” Ms. Meriwether said. “But I had begun to feel so bad and was so worried, I decided to make an appointment with a cardiologist.”

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Website Sports
A New Look

Touched By
Angels

Colon Cancer:

Are You
at Risk?

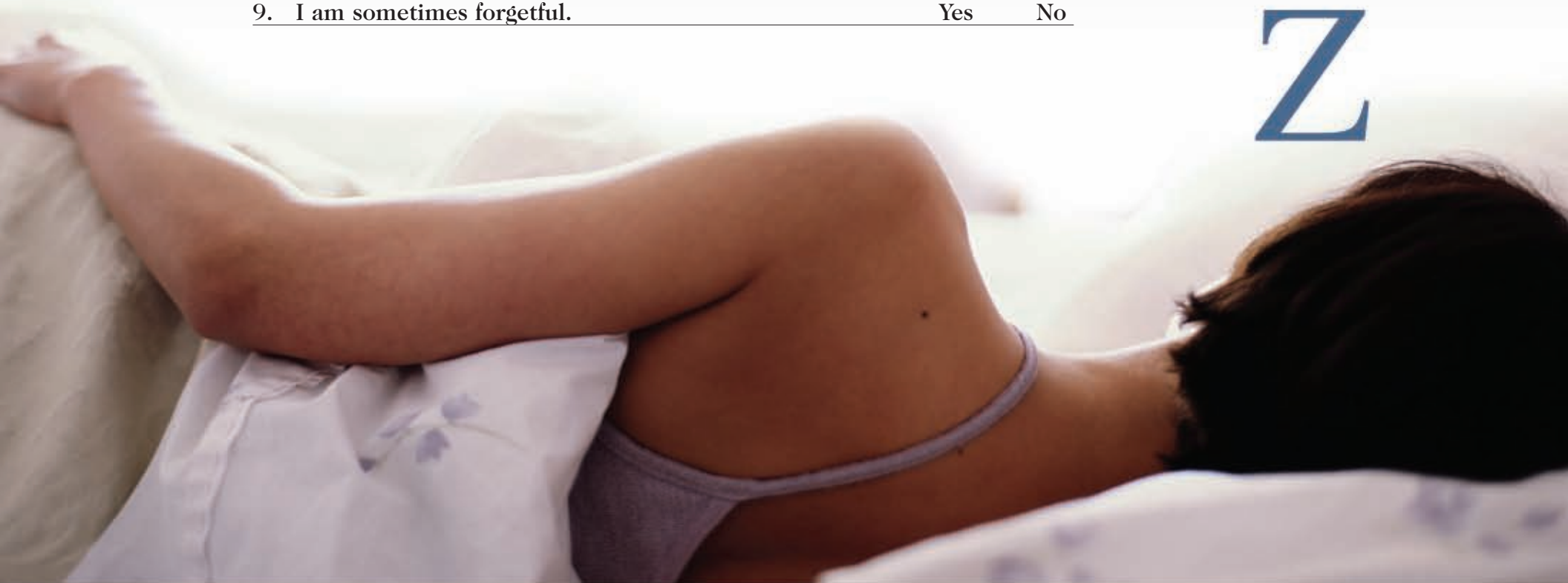
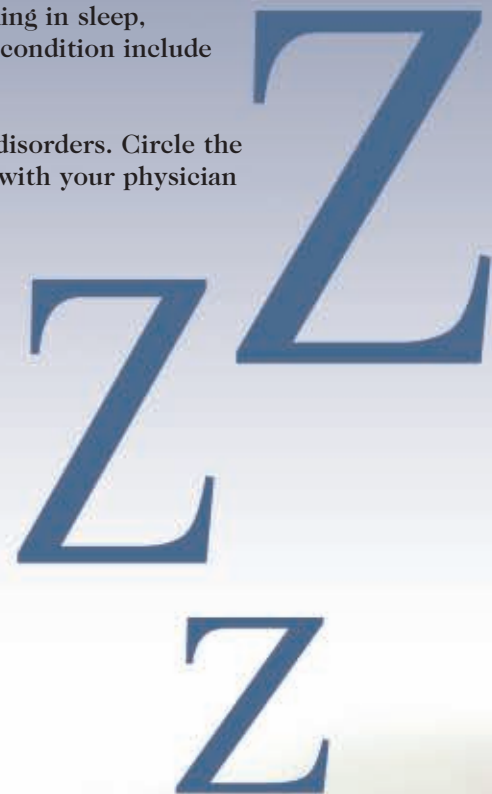
Show
the Love

What's Your Snore Score?

Sleep apnea is a serious condition in which airflow is reduced or blocked during sleep. It causes you to awaken hundreds of times a night—often unknowingly—in order to breathe. Symptoms of sleep apnea may include loud snoring, gasping or choking in sleep, morning headaches, forgetfulness, sleeping during the day, irritability and depression. Potential consequences of the condition include high blood pressure, heart disease, heart attack, stroke, impotence and memory loss.

The following short questionnaire can help you determine whether you are experiencing sleep apnea or other sleep disorders. Circle the answer that applies to your condition. If you answer “yes” to three or more of the questions, make an appointment with your physician and take your Snore Score results with you.

1. I have been told I snore.	Yes	No
2. I gasp or choke during my sleep.	Yes	No
3. I am overweight.	Yes	No
4. I have been told I hold my breath when I sleep.	Yes	No
5. I have high blood pressure.	Yes	No
6. I often feel sleepy and struggle to stay awake.	Yes	No
7. I get morning headaches.	Yes	No
8. Friends and family say I am often grumpy and irritable.	Yes	No
9. I am sometimes forgetful.	Yes	No



Observe Sleep Awareness Week

March 27 - April 2, 2006

According to the National Sleep Foundation (NSF), nearly two-thirds of Americans fail to get the recommended 7 to 9 hours of sleep they need each night. As our sleep debt mounts, our health, safety, and productivity decline. In fact, the NSF estimates that sleeplessness costs the U.S. economy over \$18 billion a year in lost work productivity. Take time during Sleep Awareness Week to evaluate your sleep habits. Good health is worth sleeping for!



[Continued from Front Cover]

A simple questionnaire changed all that. While attending a health fair at work, Ms. Meriwether noticed a booth with information on sleep disorders. Jane Hodges, RPSGT and manager for the Center for Sleep Disorders at Doctors Hospital was at Monsanto that day to help with the health fair. She listened to Ms. Meriwether's story then handed her a “Snore Score” Card—a short yes or no questionnaire the hospital uses to help patients determine whether they might have a sleep disorder. Ms. Meriwether answered “yes” to nine out of nine possible symptoms. Within days she was referred to the Sleep Lab at Doctors Hospital to undergo overnight observation.

“After observing LaShawn overnight in the Sleep Lab, we discovered she suffered from obstructive sleep apnea. She would stop breathing on the average of 13 times an hour,” Hodges said.

According to Hodges, there are three types of sleep apnea: central, mixed, and obstructive. Central sleep apnea is less common and occurs when the brain fails to send appropriate signals to the muscles that initiate breathing. Mixed sleep apnea combines both the central and obstructive component. Obstructive sleep apnea (OSA) is far more common and occurs when the throat muscles and tongue relax during sleep and block the opening of the airway. Together they form a tight blockage of the airway, preventing any air from entering the lungs. The effort of the diaphragm, the chest and abdomen only cause the blockage to seal tighter. Defined as the cessation of breathing for 10 or more seconds while asleep, some OSA events can last as long as 90 to 120

seconds and occur hundreds of times a night. Breathing resumes when the OSA sufferer awakens enough to cause tension in the tongue to reopen the airway.

Hodges further explained that because OSA causes blood oxygen levels to drop and carbon dioxide levels to increase, the heart is forced to pump faster and faster. Early recognition and treatment of sleep apnea is critical because it may be associated with irregular heartbeat, high blood pressure, heart attack and stroke—symptoms that initially caused Ms. Meriwether to make an appointment with a cardiologist.

Shortly after being diagnosed and only weeks after her chance visit to the Sleep Disorders booth, Ms. Meriwether began using Continuous Positive Airway Pressure (CPAP) to treat her condition. A small breathing device worn while sleeping, the CPAP provides constant, controllable air pressure to promote normal breathing. According to Ms. Meriwether, the difference in the way it makes her feel is night and day.

“The very first morning I woke up after using the CPAP, I knew for the first time in a very long time, I was going to live,” Ms. Meriwether said. “It was actually my birthday that day and I remember thinking, ‘this is the best birthday present I’ve ever had!’”

To learn more about obstructive sleep apnea or other sleep disorders, contact the Center for Sleep Disorders at Doctors Hospital at 706.651.6225, or log on to www.doctors-hospital.net.

A Message from Our CEO

Welcome to 2006! If the last few years at Doctors Hospital are any indication of what we might expect in terms of growth and change, we're in for another eventful year.

In continuing support of our mission to extend our healthcare services throughout the community, Doctors Hospital will add several new facilities this year to our growing healthcare network. This spring, we will open a new **Rehab Health Center in South Augusta** to better serve our physical and occupational therapy patients south of the city. We currently offer Rehab Health Centers at Eagle Pointe in Evans and at the hospital's main campus, as well as a Rehab Health and Imaging Center in North Augusta. The new South Augusta facility will also offer a **Doctors Hospital Health Connection**. A partnership project with The Family Y, Health Connection offers fitness and wellness services to Y members. We opened two Health Connection locations last year, one at The Family Y on Wheeler Road and another at the Clear Channel House Family Y in North Augusta.



Alton F. "Butch" Garrison, M.D.

Meet Our Board Member

As an original physician founder of Doctors Hospital and the first general surgeon to locate his practice on campus, Alton F. "Butch" Garrison, M.D. has served in many roles throughout his thirty-plus year career at the hospital. As of January 2006, he joined the Doctors Hospital Board of Trustees as its new physician moderator.

"As moderator, I act as an intermediary between the hospital's administrative staff, our lay Board members, and our physician Board members," Dr. Garrison said. "Ultimately, it is the moderator's job to keep the Board on track so that we can better fulfill our greater objectives of enhancing services and continuously improving our quality of care."

Over the years, Dr. Garrison has been chairman of the hospital's surgery department, has been past president, vice president and secretary of the medical staff, and helped co-found the Joseph M. Still Burn Center at Doctors Hospital. Raised in Augusta, Dr. Garrison graduated from the Academy of Richmond County in 1957, from the University of Georgia, Athens in 1961, and from the Medical College of Georgia in 1966. He served as a Captain in the United States Air Force at Langley Air Force Base in Hampton, Virginia before returning to Augusta to begin residency as a general surgeon at the Medical College of Georgia. He has been Board Certified in General Surgery since 1974.

In addition to his many roles at Doctors Hospital, Dr. Garrison has also been involved in several community organizations over the years including Augusta West Rotary. Dr. Garrison has five children and seven grandchildren, the most recent born just before Christmas, 2005. He attends Lewis Memorial United Methodist Church in Evans.



In addition to these off-campus facilities, Doctors Hospital also offers outpatient testing and surgery at the **Doctors Hospital Surgery Center in Evans** and at **Augusta Surgical Center** just off Walton Way, near downtown. Our **Occupational Medicine Services** serve local industries with two mobile units staffed by professional occupational health personnel.

Finally, as in the past, we will continue to extend our services beyond hospital walls by offering community health screenings, sports training clinics, and other special healthcare events such as CareFair for Women.

Caring for your health at the center of your life—it's our goal in the coming year and our commitment to you, the community we're proud to serve.

Sincerely,

C. Shayne George, President/CEO, Doctors Hospital

Opening Soon! South Augusta Rehab Health Center Opening Soon!

For patients working diligently to rehabilitate a physical injury, convenience is everything. Beginning in March, Doctors Hospital will open another satellite Rehab Health Center in South Augusta to help make the rehab process easier for its patients south of the city.

Located at the intersection of Peach Orchard and Tobacco Roads, the newest center will be staffed by a full-time physical therapist as well as an assistant physical therapist. Offering physical therapy, the state-of-the-art facilities further enhance the hospital's reach within the community.

"By expanding our services to a larger portion of the community, we are now able to serve our patients more effectively and deliver care more efficiently," said Brian Lancaster, director of Rehab Health Centers at Doctors Hospital. "We know that keeping a succession of appointments can take time away from work and family. We want to try and minimize that."

In addition to the new Rehab Health Center in South Augusta, Doctors

Hospital offers similar services at its Rehab Health Center at Eagle Pointe on Washington Road in Evans, at its Rehab Health and Imaging Center in North Augusta, and at the Rehab Health Center on-campus at Doctors Hospital. Depending on the location, some centers also provide occupational therapy, sports medicine, aquatic therapy, speech therapy, cardiac and pulmonary rehabilitation, and outpatient imaging.

The South Augusta center will eventually share space with another of the hospital's satellite services, Health Connection. The Doctors Hospital Health Connection is a partnership with The Family Y offering wellness services to Family Y members throughout the CSRA. There are currently two locations: at The Family Y on Wheeler Road and at the Clear Channel House Family Y in North Augusta. The Doctors Hospital Health Connection at the Southside Family Y is expected to open later this spring.

To learn more about any of the Doctors Hospital Rehab Health Centers and services, call 706.651.2270 or log on to www.doctors-hospital.net.

Website Sports A New Look



More than mere cosmetics, the Doctors Hospital website recently underwent surgery of sorts. Its new and improved look debuted this month and includes more than pretty pages: it offers greater functionality according to Molly Motley, the hospital's full-time web coordinator.

"We wanted to expand our old site to provide several new capabilities that can make the patient/visitor experience even more personalized," Motley said. "It's amazing what adding a few very simple features can do to enhance our patients' stay and better support their overall wellness."

One of the new service additions, hand-delivered email, is scheduled to begin soon. Family or friends wishing to e-mail patients during their hospital stay can send correspondence to a designated hospital Internet address. The email will then be printed and hand-delivered to the appropriate patient.

Another upcoming feature—patient e-journals or blogs—will allow patients to create a personal web page so they can share their day-to-day experience or update family and friends on news of their recuperation.

"There are several websites out there already, such as CarePages.com, that allow patients or their families to stay abreast of important news in regards to their loved ones," Motley said. "Eventually, our new site will provide this same type of functionality."

Children will also find interesting features on the updated Doctors Hospital website. A new section, Kid's Health, includes age-appropriate health information and games designed to teach simple health tips. Virtual Body, already an established favorite with students and teachers, will continue to be a prominent section.

Other changes include detailed information on various aspects of the hospital including its services and departments, its history, biographies of key administrative staff, and answers to frequently asked patient questions.

"Really, the best way to see what's new at Doctors Hospital, is to log onto our website," Motley said.

To learn about Doctors Hospital including its departments, services or processes, visit www.doctors-hospital.net.



Burn Patient Touched By Angels

What began as a heartbreaking story for a family of Hurricane Katrina evacuees came to a happy ending recently with the help of some angel wings.

While traveling to Brandon, Mississippi last fall where they planned to relocate, the rental truck Daniel Brady and his wife, Brandy, were driving caught fire. As a result, Brandy suffered third degree burns over 38 percent of her body. She and her mother, Peggy Saik, were flown to the Joseph M. Still Burn Center at Doctors Hospital where Brandy received immediate treatment for her burns. Daniel was admitted to a Mississippi hospital with minor injuries.

Upon release from the Burn Center, Brandy and her mother encountered a new problem: with no vehicle, limited funds, and lacking the personal identification required for a commercial flight home, the two women were unable to return to their family in Mississippi. That's when some angels stepped in to help.

Emile Delegram, a volunteer with the Southeastern Firefighter's Burn Foundation, heard of Brandy's plight and arranged for an "Angel Flight." Mother and daughter were reunited with their family shortly thereafter.

Angel Flight of Georgia, Inc. is a non-profit organization providing free air transportation to and from treatment facilities for those with medical needs who are financially distressed or unable to travel on public transportation. Missions include routine treatment flights, compassionate care, and others referred by healthcare providers. The Southeastern Firefighter's Burn Foundation is a non-profit organization that works in partnership with the Burn Center to provide support services to burn survivors and their families including living accommodations and meals.

The Joseph M. Still Burn Center at Doctors Hospital is a 55-bed burn center that admits over 2,000 patients annually from throughout the Southeast. A third of its patients are children. For more information about burn prevention or the Joseph M. Still Burn Center at Doctors Hospital, contact Beth Frits, 706.364.6400.

(L-R) Recovering burn patient, Brandy Brady; pilot, Emile Delegram; and Brandy's mother, Peggy Saik prepare to leave Augusta on an "Angel Flight" bound for Brandy's home in Mississippi.



Colon Cancer: Are You at Risk?



Prevention is Key

March is National Colorectal Cancer Awareness Month.

Knowing what you can do to prevent the disease is your best defense against it. When detected and treated early, the five-year survival rate for colorectal cancer is over 90 percent.

- **Eat a low-fat, high-fiber diet** including cruciferous vegetables such as cabbage, broccoli, cauliflower and brussels sprouts.
- **Exercise regularly** to help maintain a healthy weight.
- **Have regular screening tests.** Starting at age 50, men and women who are at average risk should be screened regularly for colorectal cancer. African Americans may need to begin screening at age 45. Men and women who are at high risk of the disease because of personal or family medical history may need to be tested earlier and should alert their health care professional to their history.
- **Assess yourself regularly for signs and symptoms of the disease.**
- **Know your family health history.**

It has been said that you are what you eat. And while it is true that diet can affect your risk of developing colon cancer, there are other factors to consider—life-saving information so important that each year March is designated as National Colorectal Cancer Awareness Month.

The second leading cause of death in men and women in America today, colorectal cancer is deadly when undetected, but highly curable when detected early. According to the American Cancer Society, an estimated 60,000 Americans die per year from colon cancer, yet half of that number could be saved if everyone over 50 years of age were screened for the disease. Debbie Hortenstine, RN, CGRN and clinical director of the Center for Digestive Diseases at Doctors Hospital agrees.

“Screening is the key to preventing colon cancer. At Doctors Hospital, we actively promote early detection and screening by providing free colorectal cancer screening kits at our many community health fairs throughout the year,” Hortenstine said.

While some people may experience warning signs such as rectal bleeding, blood in the stool, diarrhea, constipation or both, others may have no symptoms at all. Other signs of colorectal cancer include, narrowing of stool in shape, weight loss, abdominal pain and an unexplained lack of energy or listlessness.

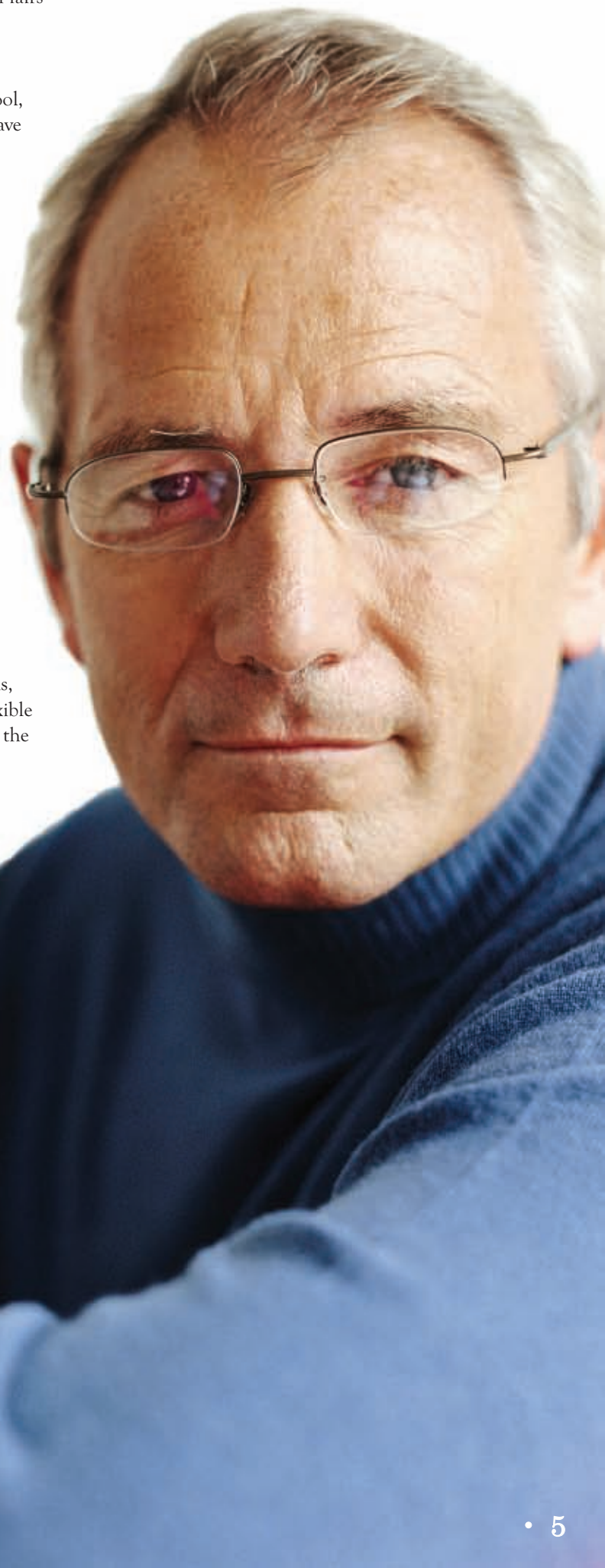
Hortenstine advised that people with a family or personal history of benign colorectal polyps, inflammatory bowel disease, or colorectal cancer should be especially alert to symptoms and should consult their physician about having regular cancer-related check ups. Your doctor may want to refer you to a physician who specializes in digestive care. Others at risk include people who use tobacco, drink a lot of alcoholic beverages, are overweight, or do not lead an active life.

In addition to at-home screening kits, there are a variety of other detection methods including barium enema x-ray exams, flexible sigmoidoscopy and colonoscopy. Flexible sigmoidoscopy enables a physician to look at the inside of the large intestine from the rectum through the last part of the colon, called the sigmoid or descending colon. The procedure is often used to find the cause of diarrhea, abdominal pain, or constipation as well as to look for early signs of cancer in the descending colon and rectum.

A colonoscopy allows a doctor to look inside the entire large intestine. The procedure enables the physician to see things such as inflamed tissue, abnormal growths, and ulcers. It too is often used to look for early signs of cancer in the colon and rectum. It is also used to look for causes of unexplained changes in bowel habits and to evaluate symptoms like abdominal pain, rectal bleeding, and weight loss.

“The bottom line is that colorectal cancer is highly preventable, treatable and often curable,” Hortenstine said. “Don't wait for symptoms to occur before beginning regular screenings. In colorectal cancer, an ounce of prevention is worth a pound of cure!”

For more information about colorectal cancer or to obtain a free colorectal cancer screening kit, contact the award winning Center for Digestive Diseases at Doctors Hospital by calling 706.651.2466.





Have a Heart-Healthy Valentine's Dinner

Show the Love

February is American Heart Month—a time for us all to reflect on our own heart health and to remember those who have suffered from heart disease or stroke. With that in mind, planning a romantic dinner for two for Valentine's Day is good way to set the tone for your family's heart health and show them you want them to be around for a long time!

Herb-Stuffed Pork Tenderloin

Prep: 25 minutes

Roast: 50 minutes

Ingredients

2 tsp. Dijon-style mustard	3 Tbs fine dry bread crumbs
18 ounces pork tenderloin	1 slightly beaten egg white
1-1/2 cups shredded romaine	2 tsp olive oil or cooking oil
1/2 cup assorted snipped fresh herbs (such as sage, thyme, rosemary, dill, and/or basil)	Coarsely ground black pepper
	Snipped fresh chives (optional)
	1 recipe Mustard Sauce (see below)

Mustard Sauce:

In small saucepan combine 1/3 cup plain fat-free yogurt, 2 Tbs. fat-free mayonnaise or salad dressing, 1-1/2 to 2 tsp Dijon-style mustard, and 1 tsp. honey. Cook over low heat for 2 to 3 minutes or just until heated through. Do not boil. Serve immediately with pork slices.

Directions:

1. Trim any fat from meat. Using a sharp knife, make a lengthwise cut down the center of roast, cutting to, but not through, the other side. Spread the meat flat. Place tenderloin between 2 sheets of plastic wrap and pound meat lightly with the flat side of a meat mallet to about a 13x8-inch rectangle. (If necessary, use a portion of a second tenderloin to make 18 ounces. Overlap and pound the pieces to make a single rectangle.) Fold in the narrow ends as necessary to make an even rectangle. Spread mustard evenly over tenderloin.
2. Stir together romaine, herbs, bread crumbs, and egg white in a medium bowl. Spoon evenly over pork. Roll tenderloin up jelly-roll style, beginning at narrow end. Tie meat with string, first at center, then at 1-inch intervals.
3. Place meat on rack in a shallow roasting pan. Brush oil over meat. Sprinkle with pepper. Roast, uncovered, in a 375 degree F oven for 50 to 60 minutes or until meat is tender and slightly pink (160 degrees F) and juices run clear. Transfer to a warm platter. Remove strings; keep warm while preparing sauce. To serve, cut tenderloin into 12 slices. Spoon Mustard Sauce over each serving. Sprinkle with chives if desired. Makes 6 servings.

Nutrition facts per serving:

calories: 162
total fat: 5g
saturated fat: 1g
cholesterol: 61mg
sodium: 308mg
carbohydrate: 6g
fiber: 0g
protein: 21g

RED HOT MAMAS REMINDER

Don't forget to mark your calendars for Red Hot Mamas, the new monthly program sponsored by H2U at Doctors Hospital. Featuring valuable healthcare information and psychosocial support for women who want to optimize their health as they approach menopause and beyond, the program is normally held on the second Tuesday of each month. Note, however, that February's program has been changed to February 21. Call H2U at 706.651.6716 for program topics and to reserve your seat!



calendar



h2U

Free Morning Fitness Class**

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

Movie Day, Bingo, Craft Classes, Ballroom Dancing, Line Dancing and Body Shaping Classes**

For more information, please call 651-6716.

Dutch Treat, Day and Overnight Trips

For more information, please call 651-6716.

Bridge and Canasta**

Second and fourth Monday, 1 p.m.

Covered Dish Luncheon and Auxiliary Meeting

Third Monday, 12 p.m. at Savannah Rapids Pavilion.

AARP Driver Safety Program**

Thursday & Friday, February 16 and 17, March 16 and 17, 12 p.m. Open to the public 50+. Participants must pre-register by calling 651-6716.

Orientation Coffee for New and Renewing Members**

Tuesday, February 21 and March 14th 10 a.m. Open to all interested in joining H2U: Health, Happiness, You. Please RSVP to 651-6716.

Red Hot Mamas

Tuesday, February 21st and March 14th, 6:00 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.

Education Program - "Rehab Information"***

Friday, February 24, 11:30 a.m. Presented by Michele Dewyngaert with Doctors Hospital's Rehab Center. Lunch is provided. Please RSVP to 651-6716.

Education Program - "The Importance of Nutrition and Exercise"***

Friday, March 24, 11:30 a.m. Presented by Gwen Hunt. Lunch is provided. Please RSVP to 651-6716.

H2U Fashion Show Luncheon

Thursday, March 23, 12:30 p.m. Tickets are \$5.00 each. Lunch will be provided.

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

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

Safe Sitter Class*

Saturday, February 11, 9 a.m. - 4:30 p.m.
Saturday, March 4, 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 651-2450 to register.

Diabetes Support Group

Tuesday, February 14, 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 651-2468 to register.

You're A Big Girl Now

Saturday, February 18, 10 a.m. - 12 p.m.

Location: Doctors Hospital, First Floor, Classrooms 1 & 2.

Saturday, March 11, 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 651-2229 to register. The cost is \$10 per person.

Boys to Men*

Saturday, February 25, 10 a.m. - 1 p.m. *

Saturday, March 18, 10 a.m. - 1 p.m.

Location: Doctors Hospital, First Floor, Classrooms 1 & 2.

This class is for boys 13-16 years old. Inclusion of a father or a male relative is optional. Open discussions on peer pressure, sexuality, substance abuse and informed decision-making will be conducted. This class encourages the young man to make confident decisions when faced with challenges, and to accept responsibility for his behavior. After completing this class, the young man will leave with added confidence as he makes his transition into manhood. Please call 651-2229 to register. The cost is \$10 per person.

Community Health Screenings

Tuesday, February 28, 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 651-6716 if you need assistance with directions.

• Free Cholesterol, Blood Sugar & Blood Pressure.

• The following tests will be offered for \$20 each at every screening:

Blood Type; Hemoglobin; A1C; Lipid Profile; Liver Profile; CBC - Complete Blood Count (Hgb, HCT, WBC, etc.); Chem Basic- Na, K, Cl, CO₂, Glucose, Bun, Creat & Calcium.

• The following tests will be offered for \$30 each at every screening: PSA and TSH.

Growing Into Womanhood *

Saturday, March 25, 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 651-2229 to register. The cost is \$10 per person.

cradle club

Join our Cradle Club today! Membership and classes are FREE! Please pre-register for all classes. Call 651-BABY (2229) or register online: www.doctors-hospital.net

Prepared Childbirth Classes*

7:00 - 9:30 p.m.

(Mondays)

February 13 - March 13

March 20 - April 24

(Tuesdays)

February 21 - March 28

April 11 - May 16

Saturday Express Prepared Childbirth*

9:00 a.m. - 5:00 p.m.

February 18

March 18

Breastfeeding*

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

February 23

March 23

April 20

Labor and Delivery Tour

(held in hospital, Classrooms 1 & 2)

Thursday, 7:00 - 8:30 p.m.

March 2

April 12

Infant CPR

Thursday, 6:30 - 9:00 p.m.

(held in hospital, Classrooms 1 & 2)

March 9

April 13

Infant Massage*

Saturday, 1:00 - 2:00 p.m.

March 11

April 15

Baby's Brother & Sister*

Sunday, 2:00 - 3:30 p.m.

March 19

April 23

Baby Care*

Sunday, 4:00 - 6:30 p.m.

March 19

April 23

*These classes will be held on the Doctors Hospital Campus, 3623 J. Dewey Gray Circle, Medical Office Building I, Cradle Club Classroom, Suite 110.





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

Stroke Has Many Faces

Are you at risk?

This year alone, about 700,000 Americans of all ages, genders and ethnicities will suffer a stroke. A friend, member of your family—even you—could be at risk.

The Center for Stroke Care at Doctors Hospital holds the Gold Seal of Approval™ for stroke care as certified by the Joint Commission on Accreditation of Healthcare Organizations. Our certified stroke care program follows national standards and guidelines that can significantly improve outcomes for stroke patients.



Don't wait for stroke to strike, take steps now to learn more. For information on stroke services, please call 706.651.2001.

DOCTORS
HOSPITAL
Center for Stroke Care