

YOUR HEALTH CONN



VISIT WITH DEKALB MEDICAL STAFF AND PHYSICIANS AT THESE FALL FESTIVALS

- July 18 – Sisters By Choice 5K at Piedmont Park
- Sept. 5-6 – Decatur Book Festival
- Saturday nights in September (Sept. 12, 19 and 26) – Decatur Concerts on the Square
- Oct. 3-4 – Avondale Estates Autumnfest
- Oct. 17 – CrossRoads News Senior Expo at Stonecrest Mall
- Oct. 17-18 – Fall Festival on Ponce, Atlanta



DeKalb Medical
Pushing Beyond



IS HEARTBURN BURNING YOU UP?

Thursday, August 20 ■ 6:30-7:30 p.m.

■ DeKalb Medical Theatre, North Decatur Campus

Is heartburn burning you up? Do you wonder if you will be taking antacids and pills the rest of your life to treat heartburn? Did you know that long-term heartburn also leads to esophageal cancer? Hear from DeKalb Medical's Heartburn Solutions Center professionals as they discuss how you can keep chronic heartburn from disrupting your life. Our panel includes: Jeff Kamean, M.D., Scott Steinberg, M.D., and Nurse Navigator Pam Briggs.



Scott Steinberg, M.D.

PUBERTY ROCKS

Puberty Rocks for Girls ■ Friday, September 11 ■ 6:30-8 p.m. ■ Hillandale Professional Building, 2745 DeKalb Medical Parkway, Lithonia

Puberty Rocks for Boys ■ Friday, September 18 ■ 6:30-8 p.m. ■ Hillandale Professional Building, 2745 DeKalb Medical Parkway, Lithonia

Is it time to address your tween's journey into adolescence? Girls ages 9-14 and their parent/guardian are invited to hear from DeKalb Medical physician Caryn Johnson, M.D., on September 11. Boys ages 9-14 and their parent/guardian are invited to hear from Kenneth Harper, M.D., on September 18. This fun night out will cover body changes, mood swings, peer pressure and more.



Caryn Johnson, M.D.



Kenneth Harper, M.D.

SOLUTIONS FOR PAINFUL HIP CONDITIONS

Tuesday, August 25 ■ 6:30-7:30 p.m.

■ DeKalb Medical Theatre, North Decatur campus

Join Chris Haraszti, M.D., a DeKalb Medical orthopedic surgeon, as he talks about the latest advances in hip replacements and the treatment of hip conditions and pain. People wishing to take a tour of the Joint Solutions Center should meet in the Theatre at 6 p.m.



Chris Haraszti, M.D.

EMPOWERED BIRTH — EXPLORING OPTIONS

Tuesday, September 15 ■ 6:30-8 p.m.

■ Dr. Bobbie Bailey Tower Auditorium, North Decatur Campus

Whether you're just starting to contemplate having a baby or it's the only thing on your mind, DeKalb Medical's team can help. Meet our panel of experts, receive tips on what to expect during pregnancy, ask about pregnancy myths, tour our maternity area and learn about the benefits of a Baby-Friendly hospital.

WHAT YOU SHOULD KNOW You're invited to learn more about a wide range of healthcare topics. Light refreshments will be is required in case we need to notify you of schedule changes. Call **678.331.5882** or visit **www.dekalbmedical.org**.

ACTION

CELEBRATING WOMEN'S HEALTH

Tuesday, September 22 ■ 6:30–8 p.m.

■ **Ladies' Night Out to Empower Women to Make Health a Priority** ■ **Hilandale Professional Building, 2745 DeKalb Medical Parkway, Lithonia** ■ **6–6:30 p.m. Complimentary blood pressure check and refreshments**

What does it mean to be a well woman? It's a state of mind, it's being as healthy as you can be and, most importantly, it's about taking steps to improve your physical and mental health. Our expert panel of doctors will offer information on a wide range of women's health topics such as healthy aging, breast cancer, fitness and nutrition, heart health and stroke, menopause and more. Come early and receive a complimentary blood pressure check.

NAVIGATING THE ISSUES OF AGING

Thursday, September 24 ■ 11:30 a.m.–1 p.m.

■ **Keeton Auditorium, North Decatur campus**

Dealing with healthcare issues, legal needs and options for care often can be overwhelming, leaving someone unsure of where to begin. Join a panel of senior care experts from DeKalb Medical and Senior Provisions to learn about Medicare benefits, elder law needs, Veterans Administration benefits and different levels of care. A light lunch will be served, so reservations for this free presentation must be received by Monday, September 21.

AMERICAN RED CROSS BLOOD DRIVES

Donating blood is a simple thing to do, but it can make a big difference in the lives of others. Every two seconds someone in the U.S. needs blood. The blood you donate during the week saves lives on the weekend.

North Decatur Campus

■ **noon–6 p.m.**

■ **Friday, July 3 ■ Dr. Bobbie Bailey Auditorium (Special Holiday Drive)**

■ **Wednesday, August 12 ■ Keeton Auditorium (ground floor of main hospital)**

Hilandale Campus

■ **12:30–5:30 p.m.**

■ **Tuesday, July 28 ■ Community Room**

■ **Friday, September 25 ■ Community Room**

Why give at DeKalb Medical? We thank you with a lunch voucher valued at \$5 for the cafeteria.

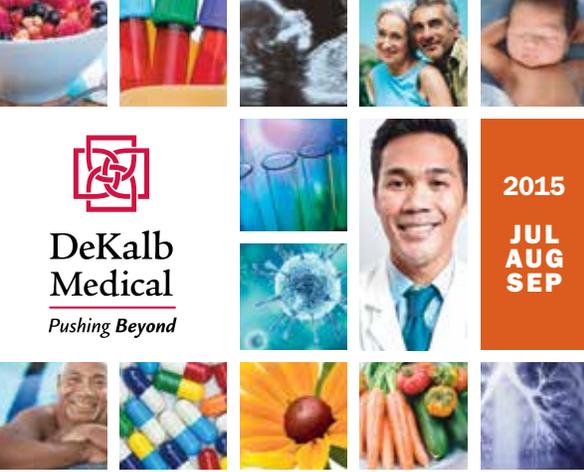
SENIOR SPECTRUM

Senior Spectrum is the program of choice for active adults, ages 60 and older. For a one-time fee of \$15, you can enjoy monthly health education programs led by DeKalb Medical physicians and a complimentary breakfast. You also receive invitations to join us on trips to local Atlanta hot spots at great group rates. Finally, members get discounted parking on the hospital campus. Stay active and stay connected with Senior Spectrum. For more information, visit www.dekalbmedical.org/our-services/senior or call **404.501.SPEC (7732)**.



LIFELINE SCREENINGS

DeKalb Medical partners with LifeLine Screenings to offer community-based preventive health screenings. These screenings detect unrecognized health problems and encourage clients to seek follow-up care with their personal physicians. LifeLine offers screenings that assess the risk for stroke and cardiovascular disease, as well as diabetes. For a complete listing of LifeLine screening locations in DeKalb County, visit www.dekalbmedical.org.



HEALTHY

A GUIDE TO EVENTS AND CLASSES

Living



MIND AND BODY

American Heart Association Basic Life Support for Healthcare Providers

This certification course is designed for healthcare professionals who need to know how to perform high-quality CPR and manage the choking adult, child or infant. Instructor: Clinical Education Dept. Please bring \$7 card fee (cash only) to the training session.

FEE \$55 class fee plus \$7 card fee

DATE September 26 **DAY** Saturday **TIME** noon-4 p.m.

LOCATION The Wellness Center **INFO** 678.331.5882

FEE \$55 class fee plus \$7 card fee **DATE** July 10

DAY Friday **TIME** 1-5 p.m. **LOCATION** The Wellness Center

INFO 678.331.5882

FEE \$55 class fee plus \$7 card fee **DATE** July 9,

August 6 and September 3 **DAY** Thursday

TIME noon-4 p.m. **LOCATION** Keeton Auditorium

INFO 770.475.2917

American Heart Association Combo Heartsaver and First Aid Class

Two in one! Learn Heartsaver CPR plus First Aid all in one class. Participants are encouraged to bring a brown bag lunch. Instructor: Susan Munroe, R.N. Please bring \$7 card fee (cash only) to the training session.

FEE \$65 class fee plus \$7 card fee **DATE** August 8

DAY Saturday **TIME** 9 a.m.-3:30 p.m.

LOCATION The Wellness Center

INFO 770.475.2917



Life/Health/Career Coaching

Our certified coach works with individuals to achieve wellness through coaching. You will be able to identify, confront and overcome challenges; clarify goals and objectives; and create action plans—leading to success in life, health and career.

SESSIONS 4 by phone **FEE** \$120/hr. in-person coaching and \$240/four 30-min. phone sessions

INFO 770.475.2917

Massage Therapy

Gift certificates available! Note: There is a 24-hour cancellation policy for this service.

SESSION traditional massage **FEE** Member \$63; Non-member \$70/60 min.; Member \$36; Non-member \$40/30 min. **INFO** 404.501.2222

SESSION traditional massage discount package **FEE** Member \$275; Non-member \$305/five 60-min. sessions **INFO** 404.501.2222

SESSION hot stone massage **FEE** Member \$80; Non-member \$90/75 min. **INFO** 404.501.2222



Reflexology

Reflexology promotes relaxation, improves circulation, reduces pain, soothes tired feet and encourages overall healing.

FEE Member \$60; Non-member \$65/45 min.

INFO 404.501.2222

Return to Wellness Bariatric Class

Enjoy easy-to-follow workouts that will increase your energy and stamina. The instructor guides you through exercises using resistance tools at your own pace. Great for pre- and post-surgical weight loss patients. Call 404.501.2222 to schedule a fitness assessment prior to taking the class. Beginners are welcome!

FEE Members FREE; Non-member \$10

DATES July 23, August 20 and September 17

DAY Thursday **TIME** 6:30-7:30 p.m.

INFO 770.475.2917



PARENTING AND PRENATAL CARE

Baby Talk—Breastfeeding Support Group

This weekly mother-to-mother support group facilitated by a certified lactation consultant has been supporting and empowering breastfeeding moms for more than 20 years. Baby weight checks are also available.

FEE Free **DAY** Thursday **TIME** 11 a.m.-noon

LOCATION The Dr. Bobbie Bailey Tower—Classroom

3040 **INFO** 770.475.2917

Breastfeeding—Getting a Great Start

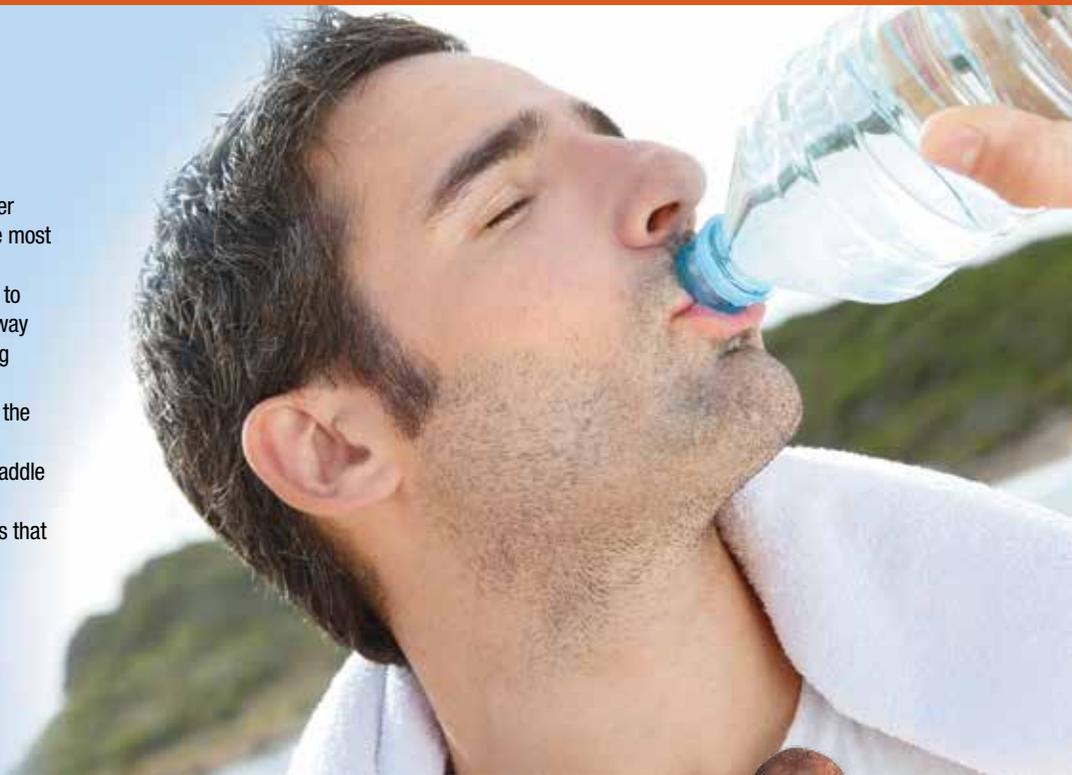
This class focuses on getting a great start in the hospital and the first few weeks of breastfeeding. Learn about positioning, latching and building an abundant breast milk supply as well as dad's critical role on the breastfeeding team.

FEE \$25/couple **INFO** Call 770.475.2917 or check our website for location, dates and times.

SUMMER FITNESS TIPS

Summertime means it's time to kick your winter workout blues. Here are some tips to make the most of your summer fitness routine:

1. Start a neighborhood walk club and sign up to participate in a local 5K. There is no better way to get to know your neighbors than sweating together.
2. Choose early or late workout times to avoid the most intense sun rays.
3. Hit the water. Waterskiing, swimming and paddle boarding are great summertime activities.
4. Dress the part. Wear light, breathable fabrics that absorb sweat.
5. Hydrate. Keep your water bottle nearby while exercising and be on the lookout for symptoms of dehydration such as nausea, headaches or muscle cramps.



Childbirth Preparation

Our Prepared Childbirth classes incorporate a variety of teaching methods. Learn about different comfort measures as well as medication options for labor. Two options: All-day Saturday class or once-a-week evening class for three weeks.

FEE \$50/couple **INFO** Call 770.475.2917 or check our website for location, dates and times.

Childbirth Preparation—Your Time, Your Schedule

Unable to attend a childbirth preparation class or prefer to learn in the privacy of your home? You will receive a booklet that includes a login to a website that features more than 50 videos and printouts to enhance your learning experience. Chapters include understanding late pregnancy, labor, birth stories, comfort techniques, medical procedures and pain management. This information does not take the place of advice from a healthcare provider, and you should call your doctor with any questions.

FEE \$20 **INFO** 770.475.2917

Healthy You, Healthy Baby: Nutrition for Pregnancy and Beyond

Registered dietitians teach the latest nutrition recommendations for moms-to-be and babies, including vitamins, minerals, calorie and fluid needs, food safety and the benefits of breastfeeding. Learn how to create flavorful, nutritious meals that your family can enjoy now and well into your child's future.

FEE \$25 **DATES** July 7, August 4 and September 1 **DAY** Tuesday **TIME** 6:30–8 p.m. **LOCATION** Nutrition and Diabetes Education Center Classroom 0865 on the ground floor of DeKalb Medical at North Decatur **INFO** Call 770.475.2917 for information and registration.

Infant CPR for Parents

Infant CPR is designed to prepare for potential child emergencies; it covers infant CPR and choking. **NOTE:** This is not a CPR certification course.

FEE \$35/couple **INFO** Call 770.475.2917 or check our website for location, dates and times.

New Parents Support Group

Bring your baby and join other parents who face similar issues and challenges. This group has been helping parents for over 20 years.

SESSION For parents of infants up to 1 year old **FEE** Free **DAY** Thursday **TIME** 10 a.m.–noon **LOCATION** The Dr. Bobbie Bailey Tower—Classroom 4040 **INFO** No registration required.



Newborn Baby Care

Soon-to-be parents have many questions and concerns about caring for their infants, both physically and emotionally. All these and many other questions are addressed.

FEE \$35/couple **INFO** Call 770.475.2917 or check our website for dates, times and locations.

OB Tour—Let's Get Acquainted

The class begins in our auditorium where you learn about Labor & Delivery, the importance of skin-to-skin contact after birth and Rooming-In on the Mother-Baby unit. You'll receive information on parking, infant safety, visitors, baby photos and pediatricians, and take a walk through our Labor & Delivery and Mother-Baby units. You can complete your pre-registration, so remember to bring your insurance card.

INFO Call 770.475.2917 or check our website for location, dates and times.



FOR MORE INFORMATION ON THE WELLNESS CENTER PROGRAMS, CALL 770.475.2917.

Prenatal Toning, Fitness and Yoga Combo



This specially designed combo gives you a taste of everything Oh Baby! Fitness has to offer in a prenatal class. We start out with 20 minutes of aerobic, cardio and strength training, followed by 20 minutes of stability/birthing ball exercises. Class finishes with a 20-minute yoga cool-down, including relaxation, stretching and meditation. What to bring: a bottle of water, towel and yoga mat. Medical consent is required. For more information, go to www.ohbabyfitness.com.

SESSIONS 8 **FEE** \$120 for entire session or \$18 per class **DATES** May 27–July 15, July 22–September 9, September 16–November 4 **DAY** Wednesday **TIME** 7:30–8:30 p.m. **LOCATION** The Wellness Center **INFO** 770.475.2917



Driving Evaluation

Get an initial evaluation consisting of clinical testing and on-road evaluations with certified driving rehabilitation specialists.

INFO 404.501.5140

Lymphedema Therapy

DeKalb Medical Rehabilitation Services offers outpatient treatment provided by a certified lymphedema therapist. Requires a physician's referral.

INFO 404.501.5140

Pulmonary Rehabilitation Program

An exercise physiologist will develop a program for patients with chronic lung disease to improve exercise capacity and quality of life. Requires a physician's referral.

INFO 404.501.7155

Weight Loss Surgery Education

Learn about different procedures from one of DeKalb Medical's bariatric surgeons and have your questions answered. Registration required. Call for dates and times.

INFO 404.501.7081

Weight Loss Surgery—Interactive/Event Support Group

This group incorporates exercise, cooking demonstrations and other events for surgical weight loss patients and family members.

FEE Free **DAY** Last Thursday of each month **TIME** 6:30–8 p.m. **LOCATION** Stubbs Auditorium **INFO** 404.501.7081

Weight Loss Surgery—Post-Op Support Group

This group addresses immediate post-op nutrition, and physical and psychological changes for patients who are up to one-year post-op.

FEE Free **DAY** Second Wednesday of each month **TIME** 7:30–9 p.m. **LOCATION** Stubbs Auditorium **INFO** 404.501.7081

Weight Loss Surgery Support Group

Led by a psychologist, this group is for weight loss surgery patients, their families and friends and anyone considering weight loss surgery.

FEE Free **DAY** Third Wednesday and last Monday of each month **TIME** 7:30–9 p.m. **LOCATION** Stubbs Auditorium **INFO** 404.501.7081

Weight Loss Surgery—Veterans' Support Group

This group is for weight loss surgery patients who are at least 12 months post-op, and their family and friends.

FEE Free **DAY** Third Monday of each month **TIME** 7:30–9 p.m. **LOCATION** Stubbs Auditorium **INFO** 404.501.7081



MEDICALLY SPEAKING

Aquatic Therapy

Led by a licensed rehab therapist, this program is excellent for arthritis or fibromyalgia patients. Requires a physician's referral.

INFO 404.501.5140

Cardiac Rehabilitation Program

This exercise and education program is for those who have experienced a heart attack or other cardiac dysfunctions. An exercise physiologist will develop a program for you and will monitor your EKG while you exercise. Requires a physician's referral.

INFO 404.501.7155

DeKalb Stroke Club

This free support group is open to all stroke survivors, and their families and friends. We meet at DeKalb Medical North Decatur campus in the Cafeteria Board Room, on the ground floor next to the cafeteria exit.

FEE Free **DAY** First Saturday of each month, except December **TIME** 1:30 p.m. **INFO** 770.475.2917



NUTRITION AND DIABETES EDUCATION CENTER PROGRAMS

If class dates, times or fees are not listed, or if you have questions, please call us at 404.501.1790.

Diabetes Cooking Demonstration

Attend our cooking demonstration to learn how to prepare a delicious meal, and you'll get to taste the food. The class is free to anyone who has attended any DeKalb Medical diabetes classes. Registration is required.

FEE \$10 or free for those who have previously attended a diabetes education class at DeKalb Medical **DATE** July 9 and September 3 **DAY** Thursday **TIME** 10–11 a.m. **LOCATION** DeKalb Medical Wellness Center **INFO** 770.475.2917 for information and registration.

Diabetes Education Class

This American Diabetes Association-recognized class teaches people with diabetes the skills needed for self-management of their disease. If you plan to pay for this class using your health insurance benefits, a physician's order is required. This class is covered by most insurance plans, but co-pays and deductibles may apply, or you can choose to pay for this service out of pocket at a reduced rate without a physician referral.

INFO 404.501.1790 for information and registration.

LOOKING FOR AN EXERCISE CLASS?

The Wellness Center offers a full range of classes, including:

- Boot Camp
- Easy Motion/SilverSneakers
- High/Low Impact
- Low Impact
- Muscle Works
- Senior Cardio/Strengthening Step
- Step Circuit Training
- Strength & Balance
- Tone & Stretch
- Zumba

For up-to-date information on the day and time of each class, call **404.501.2222**; or go to www.dekalbmedical.org, select "Wellness Center," then choose "Schedules."



Pre-Diabetes Class

You may have been told that your blood sugar numbers are a "little high," but not high enough for you to be diagnosed with diabetes. This class will help you make lifestyle changes to decrease your risk for diabetes or delay its onset. Check with your Flexible Spending Account provider to see if this class is a covered medical expense.

FEE \$25 **DATES** Tuesday, July 14, 6:30-8:30 p.m.; and Thursday, August 13, 10 a.m.-noon; and Tuesday, September 15, 6:30-8:30 p.m. **LOCATION** Nutrition and Diabetes Education Center Classroom 0865 on the ground floor of DeKalb Medical at North Decatur **INFO** 770.475.2917 for information and registration.

Diabetes Workshops

Learn more about living a healthy life with diabetes at DeKalb Medical's monthly diabetes workshops. All seminars are held in the Nutrition and Diabetes Education Center Classroom 0865 on the ground floor of DeKalb Medical at North Decatur. The workshops are open to the public. Registration is required. (See the following three classes for details.)

FEE Free **INFO** 770.475.2917 for information and registration.

DIABETES WORKSHOP: DECODING POPULAR DIETS: MYTHS AND FACTS

Join Leslie Tranter, registered dietitian and certified diabetes educator, and learn about the facts, similarities, differences and myths surrounding many of today's popular dietary plans.

FEE Free **DATE** July 21 **DAY** Tuesday
TIME 6:30-7:30 p.m.

DIABETES WORKSHOP: PRACTICAL WAYS TO ADD EXERCISE TO YOUR DAY

Struggling with adding exercise to your day? Having a hard time being consistent with regular exercise? Being physically active is a key component to help lower your blood glucose, weight and blood pressure and improve your cholesterol levels. Learn about easy and practical ways to make exercise a regular part of your diabetes management plan.

FEE Free **DATE** August 18 **DAY** Tuesday
TIME 6:30-7:30 p.m.

DIABETES WORKSHOP: NEW TECHNOLOGY IN DIABETES CARE

Learn about new devices, computer programs and smartphone apps available to help you track and manage your diabetes.

FEE: Free **DATE** September 22 **DAY** Tuesday
TIME 6:30-7:30 p.m.



FOR MORE INFORMATION ON THE WELLNESS CENTER PROGRAMS, CALL 770.475.2917.

Gestational Diabetes Class

This class, held at DeKalb Medical's North Decatur campus, is for anyone diagnosed with gestational diabetes. If you plan to pay for this class using your health insurance benefits, a physician's order is required. This class is covered by most insurance plans, but co-pays and deductibles may apply. You can pay for this service out of pocket at a reduced rate without a physician referral.

INFO 404.501.1790 for information and registration.

Grocery Tours by Certified Diabetes Educators

If you have diabetes or pre-diabetes, learn how to navigate the grocery store by scheduling an individual appointment with a certified diabetes educator to take a grocery store tour. Day and evening appointment times are available.

FEE \$25, or free for those who have previously attended a diabetes education class at DeKalb Medical.

INFO 404.501.1790 for more information and to make an appointment.



CANCER PROGRAMS

Atlanta Legal Aid Cancer Initiative

Atlanta Legal Aid representatives assist low-income cancer patients with legal issues related to benefits, health insurance, job discrimination, debt relief, wills, advance directives and more.

FEE Free **DAYS** Please call for days and times.

INFO 404.501.3742

Breast Cancer Rehabilitation

This outpatient evaluation and treatment by a physical therapist addresses issues that may occur following breast cancer treatment. Issues include decreased shoulder range of motion and strength, pain, swelling/lymphedema, poor posture and impaired ability to perform daily activities. A physician's referral is required.

INFO 404.501.5140

Cancer Survival/Support Groups

Learn survival and coping skills, relaxation techniques, meditation and imaging, and how to deal with fear.

FEE Free **INFO** 404.501.5701



DO YOU ENJOY WATER AEROBICS OR DO YOU PREFER TO SWIM LAPS?

Whichever pool exercise you want, The Wellness Center pool schedule can meet your needs:

- Lap Swim
- Senior Water Aerobics
- Water Aerobics
- Water Therapy
- Free Swim
- Water Aerobics: Arthritis Plus

For up-to-date information on the pool schedule, call **404.501.2222** or go to www.dekalbmedical.org, select "Wellness Center" and then choose "Schedules."

Family and Caregiver Group

Open to any adult (over the age of 18) family member, caregiver, spouse or partner of a cancer survivor to share information, support and answers.

FEE Free **DAY** Please call for dates and times.

INFO 404.501.3742



Grief Group

This is a program for people dealing with the stages of grief. Open to anyone who has lost a loved one.

Note: Not limited to a loss from cancer.

FEE Free **DATES** August 6-September 10

DAY Thursday **TIME** 5:30-7 p.m.

INFO 404.501.5148

Look Good ... Feel Better

This class helps women cope with the side effects of cancer treatment and feel more comfortable with changes in their appearance. A complimentary bag filled with brand-name cosmetic products, expert tips and advice, and access to the free wig and scarf collection of the Cancer Center are included.

FEE Free **DAY** Third Tuesday of each month, North Decatur, from 10 a.m.-noon; Third Wednesday of each month, Hillandale Private Dining Room, from 11 a.m.-1 p.m. **INFO** Call 404.501.5701 to make a reservation for the North Decatur class and call 404.501.8362 for the Hillandale class.

Return to Wellness

This exercise class will help cancer survivors with their recovery from treatment and surgery. Doctor's permission and free assessment through the Wellness Center are required before you may begin the class. Classes are offered all year long. Participants may join again after completing one eight-week session. Participants must be Wellness Center members.

SESSIONS 8 **FEE** Free **DATES** July 22-September 9, September 16-November 4 **DAY** Wednesday

TIME 11 a.m. **INFO** 404.501.2222

LOCATION: Wellness Center