Camille Kepley says weight loss surgery is only one tool in the toolbox for a healthy life. She sets a good example for her children by embracing exercise and good nutrition to meet her health goals.
FOCUS ON PREVENTIVE CARE

“The best defense is a good offense” is a quote often used in sports, but it also applies to healthcare. When we take steps to stay healthy, we not only reduce our risks of developing major health problems, but we improve our overall quality of life.

Although hospitals and physicians are here to take care of you when you are sick, this issue of Pushing Beyond features stories about DeKalb Medical programs that help people stay healthy. Whether it is addressing a sleep disorder that leads to more complex health problems, a weight problem that affects quality of life or a colon cancer educational program that leads to early detection of an illness, DeKalb Medical’s employees and physicians are focused on keeping you healthy.

When I assumed the position of chief executive officer of DeKalb Medical after Eric Norwood’s departure last fall, I found myself in the middle of strategic planning for upcoming years. As we planned the future of our health system and the services we provide, our patients’ and our community’s well-being were a key component of all discussions.

I’m proud to be a part of DeKalb Medical as we head into an era that emphasizes preventive healthcare and services that meet the needs of people in our community.

John A. Shelton Jr., FACHE
President and CEO

SAVE YOUR STAMPS!

Paying bills just got easier. DeKalb Medical’s new Online Business Office is a simple, secure and convenient way to access your account information, pay your hospital bills, review insurance and personal payments applied to your account and update personal information. To enroll in the free service, go to www.dekalbmedical.org and select the “Pay Your Bill Online” button on the right side of the home page.

MILLIONS MORE ARE AT RISK

The percentage of adults in the United States diagnosed with diabetes in 2011 rose to 8.7 percent, or over 20 million people, up from 8.3 percent in 2010, according to 2011 America’s Health Rankings. The percentage of adults diagnosed with diabetes has risen from 4.4 percent in 1996, about half of today’s percentage, in just 15 years.

The study also points out that 1 in every 3 to 5 adults will be diagnosed with diabetes in the next four decades. This means that there are millions of people today who are at risk of developing diabetes or have already developed diabetes but are not yet diagnosed.

1 in every 3 to 5 adults will be diagnosed with diabetes in the next four decades.

To learn more about the risks, symptoms and treatments for diabetes, attend our free diabetes seminar on June 28 at 6 p.m. See page 6 of the Healthy Living Calendar for more information.
GOING GREEN
Each quarter, DeKalb Medical keeps you informed about new healthcare advances and services through our community magazine, Pushing Beyond. As part of the hospital’s ongoing efforts to “be green,” we are offering Pushing Beyond in an electronic format, to be delivered to you through email. Please go to https://www.surveymonkey.com/s/pushingbeyond to let us know how you want your copy of the magazine delivered in the future.

WHAT’S HAPPENING AT DEKALB MEDICAL

Frechia Barrett has volunteered more than 6,500 hours at DeKalb Medical and has served in numerous positions with the DeKalb Medical Auxiliary.

make a difference

AUXILIARY HEADS UP STATE ORGANIZATION

Longtime DeKalb Medical Auxiliary Frechia Barrett recently became president of the Council on Auxiliaries/Volunteers of the Georgia Hospital Association (CoA/V). CoA/V currently consists of 91 hospital auxiliaries throughout the state of Georgia.

Barrett joined the DeKalb Medical Auxiliary in 1997, and has served in a number of roles—secretary, service chairperson, parliamentarian, first and fourth vice president, president-elect and president. She’s no stranger to CoA/V either, having served as district director and vice president of education. Having volunteered more than 6,500 hours at DeKalb Medical, Barrett continues to volunteer every week in our Mother-Baby unit. “By doing the jobs that don’t require special certification or education, auxiliaries make it possible for nurses and medical techs to spend their time taking care of patients,” explains Barrett.

high marks

DEKALB MEDICAL IS A TOP 10 HOSPITAL FOR ORTHOPEDICS AND SPINE SURGERY

The reports are in and once again DeKalb Medical received top marks in the HealthGrades® annual review of hospital quality and outcomes.

The HealthGrades Hospital Quality in America Study, conducted by HealthGrades, the nation’s most trusted, independent source of physician and hospital quality information, named DeKalb Medical one of the top 10 hospitals in Georgia for Overall Orthopedics and Spine Surgery for 2012. This is DeKalb Medical’s fourth year as a top 10 hospital for overall orthopedics and the second year in a row as a top 10 hospital for spine surgery. HealthGrades also announced that DeKalb Medical achieved 5-Star ratings for:

- Treatment of Heart Failure in 2012
- Spine Surgery in 2012
- Peripheral Vascular Bypass Surgery for four years in a row (2009–2012)
- Overall Orthopedic Services for three years in a row (2010–2012)
- Hip Fracture Treatment for four years in a row (2009–2012)
- Back and Neck Surgery (Spinal Fusion) for two years in a row (2011–2012)

Choosing a hospital can be a life-or-death decision. The HealthGrades® report found that patients treated at 5-star-rated hospitals experience a 73 percent lower risk of mortality and a 63 percent lower risk of complications. For more information about HealthGrades ratings, go to www.healthgrades.com, select “hospitals” and type in the name of the hospital.

IN MEMORIAM: TERRY DUIS

DeKalb Medical Board of Trustees Member Terry Duis, age 71, died unexpectedly on Nov. 12, 2011. In 1965, Duis joined Arthur Andersen where he eventually led the healthcare industry division. Duis was respected and trusted by his clients for his business and financial advice and was a mentor to dozens of partners and staff, who found him to be a great teacher, encouraging and consistently appreciative of their work.

“DeKalb Medical lost a dear friend in the passing of Terry Duis,” says John Shelton, president and chief executive officer of DeKalb Medical. “The skill and knowledge that he brought to the Board of Directors cannot be replaced.”

Duis retired from Arthur Andersen in 1997 after a 33-year career. In addition to his distinguished business career, Terry was an active community leader. He served in significant positions on the boards of DeKalb Medical and Visiting Nurse Health System where his deep healthcare expertise, practical wisdom and unassuming disposition brought tremendous value in both good and tough times.
WINNING

MORE ENERGY, HEALTHIER LIFE AFTER SURGICAL WEIGHT LOSS

Most people don’t think twice about walking up steps to the front porch of their home, or climbing a staircase to avoid waiting for an elevator at work. For Randall Buchanan, however, it is an activity that he welcomes and appreciates after losing more than 100 pounds in two years.
“I was overweight my whole life,” explains Buchanan. “I had high blood pressure and diabetes, and had to take many pills each day. My father had a heart attack and died at age 42 and my mother underwent triple bypass surgery 15 years ago,” he says. His family history of heart problems and his own medical conditions that required multiple medications each day made him realize that although he couldn’t change his family’s medical history, he could change his family’s future by losing weight.

After trying different types of diets and approaches to weight loss, Buchanan chose surgical weight loss. Although he would lose weight on diets, the weight loss was not permanent. “I knew people who had lost weight with the lap band procedure, so I knew it could work.”

Part of the process at DeKalb Medical’s Surgical Weight Loss Center is a thorough psychological evaluation to make sure the patient is ready to commit to the weight loss, nutritional counseling to ensure the patient understands how to make healthy choices after the surgery, and medical studies to evaluate the heart and lungs, sleep disorders and any other health conditions the patient may have.

Bariatric surgeons Scott D. Steinberg, M.D., and Qammar Rashid, M.D., offer a variety of surgical weight loss procedures, including both the Roux-en-Y Gastric Bypass and the laparoscopic adjustable gastric band procedures. Each procedure uses a different approach to reduce the intake or absorption of nutrients, which then causes the patient to lose weight. Patients who are 100 or more pounds overweight may be appropriate for the surgery.

Support groups before and after surgery help patients by giving them a chance to talk about their experience and ask questions of people who have also undergone the procedures. “The support groups are very important,” says Buchanan. “A meeting is like a pep rally with each of us encouraging others.”

Exercise is a key component of successful weight loss following surgery. “I lift weights, walk and take the stairs at work,” says Buchanan. “The biggest change I noticed as I lost weight was my willingness and ability to walk up stairs,” he says. “I felt like a child learning to walk as I chose stairs over the elevator at work, and walked up the 14 steps to my front porch with no problem!”

A little more than two years after Randall underwent his surgery, his wife, Marie, also decided to choose surgical weight loss. “I went with Randall to his support groups for two years, so I knew what it took to be successful,” she says. “I decided to have the surgery when I knew I was ready to commit to a lifestyle change.”

“Wanted people who had lost weight with the lap band procedure, so I knew it could work.”

—RANDALL BUCHANAN
Patient at DeKalb Medical
Camille Kepley: A New Attitude

Before she decided to undergo surgical weight loss, Camille Kepley thought it was simply an easy way to lose weight. Now she is quick to point out that there is more to her 100 pound loss since her surgery two years ago. "This is not a cure for being overweight, it is a tool that can help you lose weight and keep it off," she explains.

Although every person's recovery is different, the surgery does not require a lengthy recovery period. "I had the gastric laparoscopic band surgery on December 21, sang in the choir at the Christmas Eve service and drove to Kentucky with my children to see family on December 30," says Kepley.

As Kepley lost weight and began attending aerobics and step classes five days a week, her husband often asked her, "Who are you?" The surgery and resulting weight loss didn't just change her clothing size, it changed her attitude, she says. When her husband returned from military deployment, the two of them began training to run a half marathon. "He has always run, but planning to run a half marathon was never anything I considered in the past."

As a mother of four children ages 9 to 15, Kepley is aware of the example she has set for them. "My children are the reason I have done this," she says. "My dad had a coronary bypass at age 39 and died at 53. He got to see me get married but never met my children," she says. "I did not want my children to have the same experience."

Pleased with her achievements at weight loss, running and learning how to set a healthy example for her children, Kepley set a new goal for herself. "I'm now a personal trainer and I can help other people learn how to become healthier."

Diana Oates: Exercise Your Options

"Weight loss surgery is not a quick fix," agrees Diana Oates, who has lost 124 pounds in three years. Her dramatic, successful weight loss is a combination of the surgery, her commitment to exercise and healthy eating, and her attitude. "Once I decided I was going to lose the weight, I decided that I would not let myself fail," she explains. Exercise is also an important part of Oates' success, and she says, "I love running and exercising six days a week. I love how I feel after exercise."

In addition to exercising, Oates has found that she enjoys sharing her story with others. "I regularly blog and post on all open websites that address surgical weight loss," she says. Her most important message to her Internet followers: "Don't expect to change your life overnight. Make time for exercise, follow the plan and find people to support your effort."
A full-time job and young grandchildren that keep her busy were two reasons that Gail Jones didn’t think twice about her fatigue. It wasn’t until a loved one told her that she stopped breathing while she slept that she went to her doctor.

“My doctor referred me to the DeKalb Medical Sleep Disorders Center for a sleep study to find out exactly what type of sleep problem I had,” explains Jones. “I wasn’t nervous about the study because I had seen an episode of 60 Minutes that described sleep problems and sleep studies.”

Jones also learned that her fatigue was more than normal fatigue. “Because I work out of my home, I was able to take a nap during the day, but there were times I would fall asleep at my computer,” she says. “I also found myself drinking three or four cups of coffee and eating throughout the day to try to stay awake.”

The combination of pauses in her breathing while she slept and her excessive daytime sleepiness suggested sleep apnea, but a sleep study is the only way to accurately diagnose the problem. Sleep studies are painless and monitor brain waves, heart rhythm, breathing patterns, oxygen level, snoring, leg movements and body position.

When choosing a sleep center, look for a center that focuses on quality and safety. At the DeKalb Medical Sleep Disorders Center, patient safety is a top priority. All physicians are board-certified in sleep disorders medicine, and all sleep technologists are registered or certified. Patients are monitored constantly during a study and never left alone. The Center is also accredited by both the American Academy of Sleep Medicine (AASM) and the Joint Commission, which ensures that the highest quality standards are maintained.

Jones’ test did confirm the diagnosis of sleep apnea. Continuous positive airway pressure (CPAP) was prescribed. CPAP is a small machine with a mask worn on the face that provides just the right amount of air pressure to keep the airway open during sleep. In her case, surgery to repair a deviated septum was also needed, but this is not typical for most patients, she points out.

“Diagnosing and treating my sleep apnea changed my quality of life,” says Jones. “Instead of feeling miserable and struggling to stay awake during the day, I have more energy and I’ve lost weight because I don’t have to snack all day to stay awake.”
A variety of orthopedic treatments can help restore better range of motion to stiff or painful shoulders.

REACH FOR THE SKY

stretching beyond

UNTREATED SHOULDER PAIN AFFECTS MOBILITY

Is there pain in your shoulder when you reach for something on the top shelf of the cabinet? Does pain wake you when you sleep on your side? Has your shoulder "stiffened" so that you don’t have the same range of motion you used to have?

If your answer is "yes" to any of these questions, you should see a physician to find out what is causing your pain. Although shoulder surgery is a treatment option for shoulder conditions, it is often only recommended after all other nonsurgical treatments have been tried.

“I see plenty of sports-related injuries to the shoulder, often as a result of repetitive motions related to the sport, or work-related injuries when the person’s job requires a repetitive motion that affects the shoulder,” says Augustine Conduah, M.D., an orthopedic surgeon. When the shoulder first becomes painful, many people will limit the use of the arm and shoulder, increasing the stiffness of the joint and limiting motion.

KNOW YOUR OPTIONS

To reduce the risk of developing a stiff shoulder or of further injuring your shoulder, follow these suggestions:

HOME CARE

If the shoulder pain is not severe, is not accompanied by weakness in the arm and is not the result of a direct trauma to the shoulder, it is safe to treat it at home with over-the-counter anti-inflammatory medication such as ibuprofen or naproxen, ice and rest, says Chris Harastzi, M.D., an orthopedic surgeon. “If the pain worsens or does not improve in two weeks, see a physician to find out what is causing the pain,” he suggests.

MEDICAL TREATMENT

In most cases, the initial treatment for a painful shoulder is a combination of anti-inflammatory medications and physical therapy, says Maurice Jove, M.D., an orthopedic surgeon. Oral steroids and/or cortisone injections into the shoulder bursa will likely be used in more severe or chronic shoulder pain to reduce inflammation and pain. He adds, “Return to your treating physician if the pain or function loss persists after several days as you may have a more significant problem.”

SURGICAL OPTIONS

“If pain persists after other nonsurgical treatments, arthroscopic surgery to diagnose the underlying problem and treat it is an option,” says Robert E. Karsch, M.D., an orthopedic surgeon. Surgery for shoulder pain is not common if the problem is diagnosed early. “Eighty-five to 90 percent of my shoulder pain patients don’t have surgery,” he adds.

PREVENTIVE STEPS

Although you can’t prevent an accidental fall or other trauma to your shoulder, you can take steps to strengthen your shoulders to prevent injury, says Jeff Traub, M.D., an orthopedic surgeon. The rotator cuff is comprised of four small muscles that keep the ball and socket of the shoulder joint moving properly. “Keeping the rotator cuff strong will reduce the risk of shoulder injury due to repetitive motions,” he explains. Exercises using weights and specific motions to work the smaller muscles in the shoulder should be used in addition to activities that strengthen larger muscles in the arms.

To learn more about shoulder pain, attend one of these free community talks. Call 404.501.TALK (8355) to register.

TREATMENT SEMINARS FOR SHOULDER PAIN

Join DeKalb Medical orthopedic surgeons as they discuss the latest advances in the treatment of shoulder conditions and pain.

Thursday, June 14,
6 to 7 p.m. at DeKalb Medical at Hillandale Community Room, led by Augustine Conduah, M.D.

Thursday, June 21,
6 to 7 p.m., DeKalb Medical Theatre, North Decatur Campus, led by Jeff Traub, M.D. People wishing to take a complimentary tour of the new Joint Solutions Center should meet in the Theatre at 5 p.m.

To register for upcoming seminars, call 404.501.TALK (8355) or visit dekalbmedical.org.

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Thursday, June 21,
Prevention is better than cure—some simple steps can help prevent joint pain from arthritis.

Osteoarthritis (OA) is the most common type of arthritis, affecting nearly 27 million Americans.

In OA, the cartilage that covers the bones in a joint thins, and in some cases it wears away entirely. This leaves bone rubbing against bone, which can cause inflammation. Bits of bone or cartilage can break off and float inside the joint space, causing pain and interfering with movement.

Although your first reaction to pain is to limit movement, that is not the best approach, says Jeffrey D. Lieberman, M.D., a DeKalb Medical rheumatologist who was recognized as a “Top Doctor” by Atlanta magazine in 2011. “It is important for patients to stay active,” he points out. “Correctly exercising the muscles around the affected joints will help strengthen them, which will take pressure off them and allow for better functioning with less pain.”

Exercise does not have to be high-intensity, says Lieberman. “Exercise within your comfort zone, but try to do something active each day,” he stresses. “Some exercises such as swimming, water aerobics, elliptical, recumbent bike or low-impact aerobics may be easier on the joints, which allows for more exercise and improvement.”

Arthritis does not necessarily strike only older people, points out Lieberman. “It is important to establish good exercising habits at a young age, including consistency, warm-ups, stretches and cool-down techniques. A good physical therapist or athletic trainer can help you learn these.”

TAKING CARE OF YOUR JOINTS, AND THEY WILL STAY HEALTHY LONG-TERM

Extra weight puts additional stress on your joints.

Exercise. Strong muscles keep your joints from rubbing against each other.

Work right. Sitting incorrectly at workstations can take a toll on joints. Make sure your elbows and forearms are comfortably supported and your thighs rest parallel to the ground.

Don’t overdo it. Repetitive stress on joints for long periods of time can accelerate the wear and tear that causes OA. Break up vigorous exercise sessions with periods of rest.

Practice moderation in fitness. Start new activities slowly and safely until you know how your body will react to them.

Take your body seriously. If something hurts while you are exercising, pay attention. It could be a sign you have overstressed your joints.

REACH FOR A SOLUTION Looking for a class that helps improve the stiffness and pain of arthritis? See page 4 of the Healthy Living calendar for information about Tai Ji classes for arthritis.
NEW BREAST center
IN SOUTH DEKALB

GREATER CONVENIENCE WITH RELIABLE COMPREHENSIVE CARE

More space, an additional digital mammography unit, enhanced patient amenities and an easy-to-find entrance with convenient, free parking are a few of the positive changes in the newly renovated Comprehensive Breast Center at DeKalb Medical Hillandale, funded by the DeKalb Medical Foundation and scheduled to open this spring.

“The Center will be located adjacent to the hospital, with its own entrance,” explains Michelle Grose, imaging director at DeKalb Medical. The Center will also have another digital mammography unit, doubling the number of mammography appointments to meet the growing demand for this service. Mammograms are offered Monday through Saturday. “We are pleased to offer Saturday hours as we try to make mammography services as convenient as possible for our patients,” she explains.

If a woman is not experiencing any symptoms of breast disease, she can make an appointment for a screening mammogram without a physician referral, but she must provide her physician’s address and telephone number, says Grose. To make an appointment, call 404.501.2660.

FREE COMMUNITY HEALTH TALKS AT DEKALB MEDICAL HILLANDALE

THURSDAY, APRIL 26
NONSURGICAL UTERINE FIBROID TREATMENT
6–7 p.m., DeKalb Medical at Hillandale
Community Room

Are you suffering from fibroids? A traditional hysterectomy keeps you in the hospital for up to five days and takes weeks to recover. Join Melissa Seely-Morgan, M.D., to learn about uterine fibroid embolization, a procedure that requires only one night in the hospital and five to seven days of recovery time.

THURSDAY, MAY 24
BLOOD PRESSURE FACTS AND SCREENING
6–7 p.m., DeKalb Medical at Hillandale
Community Room

High blood pressure can damage your body for years with no symptoms and lead to many heart-related problems. Learn more about monitoring your blood pressure as well as ways to control it at this free seminar led by Kim Bentley, R.N. A free blood pressure screening will also be offered.

THURSDAY, JUNE 14
TREATMENT FOR SHOULDER PAIN
6–7 p.m., DeKalb Medical at Hillandale
Community Room

Join Augustine Conduah, M.D., a DeKalb Medical orthopedic surgeon, as he discusses the latest advances in the treatment of shoulder conditions and pain.

THURSDAY, JULY 12
HEART HEALTH AND VASCULAR DISEASE
6–7 p.m., DeKalb Medical at Hillandale
Community Room

Join Kristi Kinsey-Gotler, M.D., an internal medicine specialist, as she discusses the relationship between vascular disease and heart health. Learn about the latest medical advances to combat these conditions. Each person attending will receive a coupon for a free vascular screening that is valued at $129.

For information and to register for these free events, call 404.501.WELL (9355).
HEALTH EXPO COMBINES SCREENINGS AND FUN

Visitors to the DeKalb Medical at Hillandale booth at the CrossRoads News Health & Wellness Expo at Stonecrest Mall had several reasons to smile as hospital nurses and physicians provided 400 free blood pressure and blood glucose screenings, as well as opportunities to participate in two DeKalb Medical “Move it Moments” featuring the Cupid Shuffle and the Wobble. Over 5,000 people visited the booth during the day to pick up health tips and wellness information, along with tote bags, lip balm and bandage dispensers. Check out videos and more photos from the event on DeKalb Medical at Hillandale’s Facebook page.

VITAL screening

INITIATIVE ADDRESSES COLON CANCER

Nearly 19,000 lives could be saved each year if adults were screened properly for colon cancer, the third most common type of cancer and the second-leading cause of cancer-related death in the United States.¹

Because the disease affects a higher number of African-Americans, this is an important issue for many DeKalb residents, says George Miranda, assistant director of the DeKalb Medical Cancer Center. Screenings that include a colonoscopy enable physicians to identify and remove polyps before cancer develops, he explains. A new program that represents collaboration between physicians and DeKalb Medical will encourage early screenings, including colonoscopies.

“Colonoscopy is a painless procedure that is considered a wellness, or preventive, test by insurance companies and Medicare if the patient has no symptoms of colon disease. This means that there is no out-of-pocket cost for the patient when the test is performed for screening purposes,” points out Miranda. People who have a colonoscopy at age 50 are more likely to catch the precancerous polyps early, at a time when they can be easily removed as part of the colonoscopy. “If no polyps are found during the colonoscopy, and there is no family history of colon cancer, the test needs to be repeated only every 10 years, unless symptoms develop,” he says. “If polyps are found and removed during the colonoscopy, physicians often recommend repeating the colonoscopy in three to five years.”


GET SCREENED If you are age 50 or older, or have a family history of colon cancer and have not been screened for colon cancer, call 404.501.WELL (9355) for a referral to a physician.
AN IMPORTANT RELATIONSHIP. A BETTER PATIENT EXPERIENCE.

Doctors in the DeKalb Medical Physicians Group are adopting new technology and practices to help their patients navigate the complex world of healthcare. With 31 primary care providers in 12 locations in Gwinnett and DeKalb Counties, the group is focused on providing patients with an exceptional patient-physician relationship, a high-quality office experience every time, and smooth follow-up and referrals to other providers and hospital services when needed. In the past year, the group has revamped its electronic medical record system for better patient care monitoring, launched location-specific websites with forms and online bill payment options, and implemented several changes to enhance the satisfaction of their patients. For more information, go to www.dekalbmedical.org, click on “Find a Doctor” and select “DeKalb Medical Physicians Group.”

DEKALB MEDICAL SPONSORS WEEKLY CHECK-UP

Tune in to WSB Radio (750 AM and 95.5 FM) every Sunday at 3 p.m. to hear the latest health news and information. Hosted by Bruce Feinberg, M.D., a local, nationally recognized physician who specializes in oncology, the show covers a wide range of topics that affect everyone’s lives. Guest appearances by DeKalb Medical physicians, along with updates on DeKalb Medical news, will keep you up-to-date about national healthcare news as well as what’s happening in the local community. For more information about the show and upcoming guests, go to www.weeklycheckup.com/index.php.

NEED A GOOD DOCTOR?

DeKalb Medical has a medical staff of more than 800 physicians skilled in 55 specialties who you can trust to provide the care you need. Our physician referral service will help you choose a physician who is right for you. Call 404.501.WELL (9355) between 8 a.m. and 5 p.m., Monday through Friday, or visit our website at www.dekalbmedical.org and select “Find a Doctor.”
HEALTHY living
A GUIDE TO EVENTS AND CLASSES

enhance your health and fitness

HEALTHY living calendar | SPRING 2012 1

WHAT YOU SHOULD KNOW
You're invited to learn more about a wide range of healthcare topics. Light refreshments will be served. All events are free, but registration is required. Call 404.501.WELL (9355). Talks listings continue on page 8 of the Healthy Living Calendar.

4.11 | WEDNESDAY

AND

BLOOD DRIVES
Noon to 6 p.m. ▶ Dr. Bobbie Bailey Tower Auditorium ▶ North Decatur campus
Help others by giving blood at DeKalb Medical's blood drives. Although you are not required to pre-register, you can register by going to www.givelife.org and entering DeKalb Medical's sponsor code: demece. To register by telephone or for more information, call 404.501.WELL.

5.18 | FRIDAY

PUBERTY ROCKS FOR GIRLS
6-8 p.m. ▶ DeKalb Medical Theatre ▶ North Decatur campus
Is it time to address your daughter's journey into adolescence? Learn how to help your daughter navigate the turbulent tween and teen years with the help of DeKalb Medical physician, Kay Entreklin, M.D. This fun girls' night out will cover body changes, mood swings, peer pressure and more. Please note that this evening is not appropriate for males.

5.23 | WEDNESDAY

ROBOTIC SURGERY AND WOMEN’S HEALTH
6-7 p.m ▶ Bobbie Bailey Tower Auditorium ▶ North Decatur campus
Join Rita Sharma, M.D., a DeKalb Medical gynecologic surgeon as she discusses the latest advances in surgical procedures for women. She’ll describe her use of the da Vinci Robotic Surgical System for single-incision laparoscopic hysterectomies and other effective, less-invasive procedures that help women heal faster with less pain.

5.24 | THURSDAY

BLOOD PRESSURE FACTS AND SCREENING
6-7 p.m. ▶ DeKalb Medical at Hillandale
▶ Community Room
High blood pressure can damage your body for years with no symptoms and lead to many heart-related problems. Learn more about monitoring your blood pressure as well as ways to control it at this free seminar and blood pressure screening led by Kim Bentley, R.N.

4.12 | THURSDAY

KNEE PAIN UPDATE
6-7 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 the treatment of knee conditions and pain, and knee replacements. People wishing to take a complimentary tour of the new Joint Solutions Center should meet in the Theatre at 5 p.m.
To register, call 404.501.TALK or visit www.hurttowalkletstalk.com.

4.26 | THURSDAY

NON-SURGICAL UTERINE FIBROID TREATMENT
6-7 p.m ▶ DeKalb Medical at Hillandale
▶ Community Room
Are you suffering from fibroids? Join Melissa Seely-Morgan, M.D., to learn about uterine fibroid embolization, a procedure that requires only one night in the hospital and less recovery time than a traditional hysterectomy.

5.31 | THURSDAY

SOLUTIONS TO HIP PAIN
6-7 p.m. ▶ DeKalb Medical Theatre ▶ North Decatur Campus
Join Robert Karsch, M.D., a DeKalb Medical orthopedic surgeon, as he talks about the latest advances in the treatment of hip conditions and pain, and hip arthroscopy. People wishing to take a complimentary tour of the new Joint Solutions Center should meet in the Theatre at 5 p.m.
To register, call 404.501.TALK or visit www.hurttowalkletstalk.com.

PUBERTY ROCKS FOR GIRLS
Can we talk? Amazon.com lists over 2,600 books about parenting teenage girls, but the best way to help your daughter through this stage is open communication.
THE WELLNESS CENTER

2665 NORTH DECATUR ROAD
- DeKalb Medical has an 18,000-square-foot fitness center complete with an indoor pool and indoor track on its North Decatur campus.

HOURS
- M-F 5:30 a.m.–9 p.m.
- SA 8 a.m.–4 p.m.
- SU 11 a.m.–5 p.m.

Wellness Center membership is NOT required to participate in DeKalb Medical’s educational and consultative programs. Drop by anytime for a free tour.

MEMBERSHIPS
- No required contract or initiation fee.
- Membership is open to ages 16 and older.
- For a free one-week pass, go to www.dekalbmedical.org, click on Programs and Services, and then on The Wellness Center!

MONTH-TO-MONTH MEMBERSHIP $44

DISCOUNTS
If you join for six or 12 months, you receive a discount off the monthly rate and you can pay in full or by monthly bank draft: $238 for six months or $423 for 12 months.

SENIORS
Discount for members ages 60 and older.

FAMILY
The second member of your household receives a discount off the six-month or 12-month membership.

EMPLOYEES
Employees of DeKalb Medical, City of Decatur, DeKalb County government and schools, and City Schools of Decatur all receive discount memberships.

All events are held at The Wellness Center (in the 2665 Professional Building on the North Decatur campus), unless otherwise stated.

NUTRITION

Creative and Healthy Cooking Class
Join a chef and nutritionist for fun and creative healthy cooking classes. Our classes are perfect for beginner-to-intermediate cooks who want to learn new ways to prepare healthier, delicious meals. If you are making lifestyle changes to achieve weight loss or following an illness or other life-changing event, this class is for you. Learn how to whip up delicious meals in less time than it takes to go for takeout.

SESSIONS 6 FEE $60; or $15/session
DATES April 19–May 24 DAY Thursday
TIME 6:30–7:30 p.m. INFO 404.501.WELL

Grocery Store Tour
Get a one-hour, hands-on nutrition education session and a personalized grocery tour with Antonio Cain, R.D.

FEE $40 INFO 404.501.5015

Nutrition Consult
Receive a nutrition consult from our expert, Antonio Cain, R.D. Consults include:
- a personalized, tailored meal plan; if needed, this can encompass all of your medical needs into one manageable, healthy meal plan.
- a personalized nutrition information packet that includes science-based nutrition information to answer all your questions and strategic tips on how to follow your tailored meal plan.

FEE $55/one hour; $30/half-hour consult; $15/15-minute check-in (for long-term clients); Wellness Center member discount: $35/one hour; $20/half-hour; $8/15-minute check-in (for long-term clients). INFO 404.501.5015

MIND AND BODY

American Heart Association Family and Friends CPR
Learn the basics of CPR (adult, child and infant), how to use an AED and how to help a choking victim from an instructor with a video-based, practice-while-watching teaching method. This class is not intended for those requiring a Certification Card. Perfect for loved ones of those with heart problems and babysitters (minimum age is 12).

FEE $50; sign up for the First Aid class offered the same day and both are $90
DATE April 14 DAY Saturday TIME 9–11:30 a.m.
LOCATION Dr. Bobbie Bailey Tower Classroom 4055
DATE June 23 DAY Saturday TIME 1–3:30 p.m.
LOCATION The Wellness Center INFO 404.501.WELL

American Heart Association First Aid
Learn the basics of First Aid including how to respond to a variety of medical, injury and environmental emergencies. Skills practice and testing included. AHA Certification card earned upon course completion. Perfect for babysitters (minimum age is 12).

FEE $50; sign up for a CPR class offered the same day and both are $90
DATE April 14 DAY Saturday TIME 1–4 p.m.
LOCATION Dr. Bobby Bailey Tower, Classroom 4040
DATE April 21 DAY Saturday TIME 1–4 p.m.
LOCATION Dr. Bobby Bailey Tower, Classroom 4040
DATE June 23 DAY Saturday TIME 9 a.m.–noon
LOCATION The Wellness Center INFO 404.501.WELL

American Heart Association Heartsaver CPR with AED
Designed for anyone with limited or no medical training who needs a certification card in Adult CPR AED to meet job, regulatory or other requirements. Skills practice and testing with AHA Instructor. Includes rescuing the choking adult. Optional textbook will be available for purchase at class.

FEE $50; sign up for the First Aid class offered the same day and both are $90
DATE April 21 DAY Saturday TIME 9 a.m.–noon
LOCATION Dr. Bobby Bailey Tower, Classroom 4040
DATE May 9 DAY Wednesday TIME 6:30–9:30 p.m.
LOCATION Dr. Bobby Bailey Tower, Classroom 4055
DATE May 19 DAY Saturday TIME 9 a.m.–noon
LOCATION Dr. Bobby Bailey Tower, Classroom 4055
INFO 404.501.WELL

USE HEALTHIER INGREDIENTS
Fresh herbs can boost the flavor of your meals so you can avoid adding salt and fattening ingredients to your recipes.
**Belly Dance Your Body**
Beginners are welcome! This fitness class highlights the inner process of expressing our bodies through relaxation and meditation techniques. Come enjoy the health and beauty benefits of a dance that embraces all body types. Enjoy a luxurious and aligning stretch! So fun and relaxing you won’t realize you’re also getting a great workout! Wear something you can stretch and move in and bring a hip scarf to accentuate your hip movements!

**SESSIONS** 6  **FEE** $60; $15/drop in  **DATES** April 30-June 11 (skip May 28) and July 2-August 6  **DAY** Monday  **TIME** 7:45-8:45 p.m.  
**INFO** 404.501.WELL

**Body-Beautification Belly Dance**
Begin this workshop with a Meridian Stretch, a Japanese beautification technique. The next step is a luxurious chakra cleanse to harmonize the energy centers of the body through the mudras (hand yoga) and mantras (chants). This workshop culminates with the festive movements of Middle Eastern Dance and group circle dancing.

**FEE** $20/session  **DATES** May 20 or July 22  **DAY** Sunday  **TIME** 2–3:30 p.m.  
**INFO** 404.501.WELL

**Career Counseling**
Private career counseling provides information you need to make informed decisions about your education, career and lifestyle. Go to www.dekalbmedical.org/Main/ClassesandEvents.aspx to see a detailed description. Counselor: Terry L. Wynne, owner of The Professional Edge, has more than 20 years experience as a career counselor.

**FEE** $120/hour  **INFO** 404.501.5428

**Coaching Yourself to a Healthier You**
What are your health and well-being goals? This introduction to Integrative Health Coaching focuses on how you can use coaching skills and an integrative model of health to achieve your health goals. You will complete a personal health plan, define two or more health goals that you would like to achieve, and create a plan to achieve those goals using key coaching skills. Manual available for purchase at class.

**FEE** $45  **DATE** June 9  **DAY** Saturday  **TIME** 9 a.m.–noon  **INFO** 404.501.WELL

**Creating a Healthier You!**
What is your vision of optimal health? In this class you will clarify your health goals, create a Personal Health Plan and implement lifestyle changes to reach your goals. You will learn skills that promote mindfulness, optimism and strategies to overcome obstacles to change. This class is based on the model of Integrative Health Coaching developed at Duke Integrative Medicine, which emphasizes proactive self-care.

**SESSIONS** 6  **FEE** $99  **DATES** May 16-June 20  **DAY** Wednesday  **TIME** 6:30–7:30 p.m.  
**INFO** 404.501.WELL

**Creative Dance Play**
Guided by actress/dancer Aviva and our classmates, we choose characters to become as we explore space with our imagination turning the room into a beach, outer space, waterfalls, a museum, etc. We incorporate dance moves from around the world, but we cater to limited mobilities while heightening our senses with laughter and discovery!

**FEE** $15/session  **DATES** April 28 and June 9  **DAY** Saturday  **TIME** 1:30–2:30 p.m.  
**INFO** 404.501.WELL

**ChiWalk-Run Half-day Clinic**
The safest, easiest way to get fit for anybody—adults, kids, seniors—the whole family. This clinic is for anyone who wants to get active and experience safe, fun walking and running. ChiWalk-Run's gradual approach will help you safely transition from a walking program to run/walk intervals with proper technique, and without risk of injury. You'll learn the most efficient posture and stride, and how to use gravity to make a profound difference in your workout. Safe, easy, effective—ChiWalk-Run will teach you the foundation of ChiWalking and ChiRunning, while helping you get fit, burn fat, create core strength, tone your abs, prevent injury and move more efficiently.

**FEE** $90  **DATES** April 21 or May 5  **DAY** Saturday  **TIME** 8:30 a.m.–1 p.m.  **LOCATION** To be determined  
**INFO** 404.501.WELL

**Hanna Somatics Exercise Class**
This class teaches you how to take care of your aches and pains. Hanna Somatics is an effective form of mind-body training that goes directly to the root cause of most chronic muscular pain: the brain and the reflexive way in which it habituates movement. By learning to regain awareness, sensation and motor control of muscles—through slow and gentle movement—the brain can remember how to relax and release tension and chronic muscular contractions created by your life habits, work, hobbies, fitness and sports activities. All levels of body competency are welcome, although you do need to be able to get down to and up from the floor.

**SESSIONS** 5  **FEE** $50  **DATES** April 20-May 18; June 1-June 29; July 13-August 10  **DAY** Friday  **TIME** 1:15–2:30 p.m.  
**INFO** Call 404.501.WELL

**Heart and Sole: Good Care for Your Feet**
Heart and Sole foot care by Sally Ferguson, R.N., is designed to prevent problems caused by aging, diabetes, neuropathy, vascular diseases, and regular wear and tear. This 30- to 60-minute appointment includes a warm foot soak, nail trimming, removing corns and smoothing calluses, and a circulating foot and ankle massage. Complete satisfaction or your money back.

**FEE** $45  **DATES** Wednesdays, 9 a.m.–1 p.m., and Thursdays, noon–3 p.m.  
**INFO** 404.501.2222

**Laughter Yoga**
Laugh for no reason—that’s the essence of Laughter Yoga. You’ll learn a number of simple scenarios that will make you laugh and gain all the health and emotional benefits of laughter.

**FEE** $15/class  **DATES** April 28, May 26, June 30 or July 28  **DAY** Saturday  **TIME** 1–2 p.m.  
**INFO** 404.501.WELL

**Life/Health/Career Coaching**
Jane McMullan Howe, M.S., ACC, certified coach, works with individuals to achieve wellness through coaching. Jane and her clients identify, confront and overcome challenges; clarify boundaries; and achieve balance through powerful questioning delivered in a compassionate coaching style.

**SESSIONS** 4 by phone  **FEE** $100 hr./in-person coaching and $200/four 30-min. phone sessions  
**INFO** 404.501.5428
Loosen Up for Golfers, Tennis Players, Anybody!
To up your game—loosen up! Utilizing small balls of different sizes and firmness, you’ll learn active exercises to massage and loosen tight muscles, and strengthen your core, back, arms and legs. Using techniques and principles from massage and acupressure, you’ll learn simple exercises to self-maintain flexibility and ease of movement. Benefits include: release of stiffness; improvement of range of motion, body alignment and posture; and injury reduction.
FEE $75  DATES Sunday, April 22, 1–4 p.m.; Sunday, May 6, 1–4 p.m.; Saturday, June 2, 10 a.m.–1 p.m.
LOCATION  The Wellness Center  INFO 404.501.WELL

Massage Therapy
Gift certificates available!
SESSION traditional massage  FEE $67/60 min.; $37/30 min.
SESSION traditional massage discount package  FEE $290/five 60-min.
SESSION hot stone massage  FEE $90/75 min.
INFO 404.501.2222

Movement Meditation
A combination of breathing and gentle, flowing movements create deep relaxation, reduce physical and mental tension, and create awareness and balance in every part of your life. In this two-hour workshop, we’ll practice various movements and sounds that help clear mental clutter and relax your body. Wear comfortable clothing for moving.
FEE $40  DATES Saturday, April 28, 9 a.m.–noon; Sunday, June 3, 1–4 p.m.  LOCATION The Wellness Center  INFO 404.501.WELL

Psychotherapy and Body-Focused Psychotherapy
Sometimes life is just not working for us. Talking to someone (psychotherapy) can help us sort out our issues, get back on track and feel better about ourselves. Body-focused psychotherapy integrates body, mind and spirit into the healing process. We explore how thoughts impact and influence feelings, and how bodies respond and react to both.
FEE $125/50 min.  INFO 404.501.5428

Reflexology
Reflexology promotes relaxation, improves circulation, reduces pain, soothes tired feet and encourages overall healing.
FEE $65/45 min.  INFO 404.501.2222

Reiki
Restore balance—physically, emotionally and spiritually—through a gentle, hands-on healing practice to enhance the body’s natural healing response. Reiki treatments help to reduce stress and anxiety, promote relaxation, relieve pain, and promote optimal health and well-being.
Reiki Provider: Kandi Mullen.
FEE $85/60-minute session  INFO 404.501.5428

Seated Dance Exercising
Learn to express and exercise your body as you remain seated. Parts of you may be weakened, injured or challenged, and you still deserve a fun class where you can express the parts of your body that can move. Middle Eastern Moves contribute highly to this class as they accentuate our arms and torso.
FEE $15 per class  DATES May 19, July 28
DAY Saturday  TIME 1:30–2:30 p.m.
INFO 404.501.WELL

Simple Changes: Weight Loss Education Class
Finding yourself losing the same 30 lbs. over and over again? Our 12-week educational course will provide you with a fun, interactive format that gives a balanced perspective on nutrition, fitness, self-care and stress management. Try the first class FREE with no obligation. First class: Emotional Eating.
SESSIONS 12  FEE $149; discounted fee for Wellness Center members: $99  DATES May 1–July 17
DAY Tuesday  TIME 6:30–8 p.m.
INFO 404.501.WELL

Smoking Cessation Personal Coaching
Personalized one-on-one coaching to quit smoking is offered by Kandi Mullen, a Certified Life Coach. Coaching sessions address barriers to quitting, managing stress and rewarding yourself, as well as healthy coping techniques such as relaxation and breathing exercises to support a smoke-free lifestyle.
FEE one session $85/hour; three-one hour sessions package $230. Bring a friend! One session for two people $70/hour/per person  INFO 404.501.5428

Tai Ji for Arthritis: Better Bones and Balance
For people with arthritis, being active is essential to prevent stiff joints and weak muscles, which lead to further pain and stiffness. Activity improves flexibility and strength, and helps people with osteoporosis by slowing down bone loss and improving balance. This class is designed for those with arthritis, back pain and osteoporosis, and is taught by Meg Randolph, who has trained with Dr. Paul Lam of the Tai Chi for Health Community.
SESSIONS 8  FEE $100  DATES May 1–June 19  DAY Tuesday  TIME 10:15–11 a.m.  INFO 404.501.5725

Tai Ji for Arthritis: Seated Tai Ji
This modified version of Tai Ji for Arthritis can be enjoyed by anyone wishing to practice Tai Ji sitting down or who is required to be seated or in a wheelchair. This safe, easy-to-learn program relieves pain, improves health, and is helpful for people with diabetes, arthritis and fibromyalgia, or recovering from surgery or stroke. Instructor: Leslie Richardson, Certified Instructor of Tai Ji for Arthritis, Tai Ji for Fall Prevention and Seated Tai Ji by Dr. Paul Lam.
SESSIONS 8  FEE $100  DATES April 20–June 8  DAY Friday  TIME 9:30–10:15 a.m.
INFO 404.501.5725

Tai Ji: Inner Balance Through Tai Ji
The ancient art of Tai Ji may reduce depression, improve balance and coordination, slow bone loss in women after menopause, lower blood pressure and improve cardiovascular fitness. This class focuses on the five Elements and Circles Tai Ji form created by Chungliang Huang, Living Tao Foundation. Instructor: Meg Randolph.
SESSIONS 12  FEE $150  DATES April 3–June 19; July 10–Sept. 25  DAY Tuesday  TIME 7:40–8:40 p.m.
INFO 404.501.5725

Tai Ji, Qi Gong and Meditation
This class combines a short, simple Tai Ji form, Qi Gong movements (which can be done sitting or standing) and brief meditations focused on breath and stillness. It is appropriate for people of all abilities.
SESSIONS 8  FEE $100  DATES May 3–June 21  DAY Thursday  TIME 12:15–1 p.m.
INFO 404.501.5725

FOR MORE INFORMATION ON THE WELLNESS CENTER PROGRAMS, CALL 404.501.WELL (9355).
PARENTING AND PRENATAL CARE

Baby Talk—Breastfeeding Support Group
A weekly mother-to-mother support group facilitated by a certified lactation consultant. This amazing group has been in existence for more than 10 years, supporting and empowering each other in being breastfeeding moms. Baby weight checks are also available.

FEE Free DAY Thursdays TIME 11 a.m.–noon LOCATION The Dr. Bobbie Bailey Tower, Classroom 3040 INFO 404.501.WELL

Breastfeeding Class
This one-time prenatal class provides valuable information to create a good foundation for successful breastfeeding. Learn positioning, latching and building an abundant breast milk supply. The main focus is on getting started in the hospital and the first few weeks and months of nursing. Dad’s/VIP’s role in the breastfeeding team is also discussed.

FEE $40/couple INFO Call 404.501.WELL or check our website for location, dates and times.

Childbirth Preparation
Our Saturday Prepared Childbirth classes are interactive and incorporate a variety of teaching methods: lecture, instructor-led discussions, videos and activities. Learn how to relax and work with your body; patterned breathing; comfort measures and positioning; massage; and medication options.

FEE $90/couple INFO Call 404.501.WELL or check our website for location, dates and times.

Childbirth Preparation—Your Time, Your Schedule
If you are unable to attend a childbirth preparation class or prefer to learn in the privacy of your home, you can register for this class. You will receive a booklet that includes a login to a website to enhance your learning experience. Chapters include: understanding late pregnancy, labor, birth stories, comfort techniques and medical procedures/pain management. The website includes more than 50 video clips and printouts for your use. The material does not take the place of advice from a healthcare provider and you should call your doctor with any questions.

FEE $25 INFO 404.501.WELL

Gestational Diabetes Class
This class, held on DeKalb Medical’s North Decatur campus, is for anyone diagnosed with gestational diabetes. This class requires a physician order and is covered by most insurance plans.

INFO 404.501.1790

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 $30/couple INFO Call 404.501.WELL or check our website for location, dates and times.

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 exercise. Class finishes with a 20-minute yoga cool-down, including relaxation, stretching and meditation. What to bring: bottle of water, towel and yoga mat. Medical consent is required.

SESSIONS 8 FEE $120, $18/per class DATES May 2-June 20; June 27-Aug. 22 (skip July 4) DAY Wednesday TIME 7:30-8:30 p.m. LOCATION The Wellness Center INFO 404.501.WELL

Mom & Baby Fitness
This class incorporates cardio, strength training and focused abdominal work. Your baby can get in on the fun, or simply stay close to you on your mat. Class ends with a treat for baby: a gentle baby massage. What to bring: yoga mat, front carrier (Baby Bjorn or similar), towel, water. Medical consent is required if baby is less than 12 weeks old.

SESSIONS 4 FEE $60, $18/class DATES April 1-April 29 (skip Apr. 8); May 6-June 3 (skip May 27); June 10-July 1; July 15-Aug 5 DAY Sunday TIME 1-1:45 p.m. LOCATION The Wellness Center INFO 404.501.WELL

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

SESSION For parents of infants up to 6 months old FEE Free DAY Thursdays TIME 10-11 a.m.

SESSION For parents with infants ages 6 months to 1 year FEE Free DAY Thursdays TIME 11 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 infant, both physically and emotionally. Bathing? Diapering? What to do when baby is fussy? All this and many other questions are addressed in this one-night class.

FEE $40/couple INFO Call 404.501.WELL or check our website for dates, times and locations.

Obstetrical Virtual Tour and Information Session
Experience a virtual OB tour and packed-information session while sitting in a comfortable room. You’ll learn about arriving at the Women’s Center, admission, the Mother Baby unit, our nurseries (including Neonatal Intensive Care) and going home. You will receive information on parking, infant safety, visitors, baby photos and pediatricians, and you can complete your pre-registration, so remember to bring your insurance card.

INFO Call 404.501.WELL or check our website for location, dates and times.

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
An exercise and education program 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, 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 July and December TIME 1:30 p.m.

INFO 404.501.WELL
Diabetes Education Classes
Designed for those with diabetes or prediabetes, this class requires a physician’s referral and is covered by most insurance plans.
INFO 404.501.1790

Diabetes Cooking Demonstration
Wonder how to prepare meals specially designed for people with diabetes? Attend our free cooking demonstrations to learn how delicious meals can be a part of your daily diet. Not only will you learn how to prepare the meals, but you’ll also get to taste the food. Although the class is free, registration is required.
FEE Free DATE June 13 TIME 9-10:30 a.m. LOCATION DeKalb Medical Wellness Center INFO 404.501.1790

Driving Evaluation
Get an initial evaluation consisting of clinical testing and on-road evaluations with certified driving rehabilitation specialists.
INFO 404.501.5140

Grocery Tours by Certified Diabetes Educators
Personal grocery tours for those with diabetes or prediabetes. Morning and evening times are available.
FEE $40 INFO 404.501.1790

Lymphedema Therapy
DeKalb Medical Rehabilitation Services offers outpatient treatment provided by a certified lymphedema therapist.
INFO 404.501.5140

Pulmonary Rehabilitation Program
An exercise physiologist will develop a program for patients with chronic lung disease in order to improve exercise capacity and quality of life. Requires a physician’s referral.
INFO 404.501.7155

Tai Ji for Diabetes
Tai Ji for Diabetes gradually accustoms the body to exercise and decreases glucose levels. Regular practice of Tai Ji helps decrease many of the side effects of diabetes, such as heart disease and balance problems related to neuropathy. Wear loose, comfortable clothing and shoes with good support. Bring water and a snack, if needed.
SESSIONS 8 FEE $100 DATES May 3–June 21 TIME 11:15 a.m.–noon
INFO 404.501.5725

Weight Loss Surgery Education
Learn about different procedures from a bariatric surgeon and have your questions answered. Registration required. Call for dates and times.
INFO 404.501.LOSE (5673)

Weight Loss Surgery Support Group
Led by a psychologist, this group is for weight loss surgery patients, their family, friends and anyone considering weight loss surgery.
FEE Free DATE 3rd Wednesday and last Monday of each month TIME 7:30–9 p.m.
LOCATION Stubbs Auditorium INFO 404.501.7903

Weight Loss Surgery—Veterans’ Support Group
For weight loss surgery patients who are at least 12 months post-op, and their family and friends.
FEE Free DATE 3rd Monday of each month TIME 7:30–9 p.m.
LOCATION Stubbs Auditorium INFO 404.501.7903

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 DATES April 19, May 17, June 21, July 19 TIME 9:30–11:30 a.m.
INFO 404.501.5701

Breast Cancer Rehabilitation
Outpatient evaluation and treatment by a physical therapist is available to address 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

Grief Group
A program for people dealing with the stages of grief. Open to anyone who has lost a loved one, and not limited to loss from cancer.
FEE Free DATES March 8–April 12 and May 31–June 14 TIME 5:30–7 p.m.
INFO 404.501.5148

Hope and Healing Service
An ecumenical service with inspirational readings, prayer, and messages of hope and healing led by the DeKalb Medical Pastoral Services Department.
FEE Free DATE Second Tuesday of each month TIME 6 p.m.
INFO 404.501.5701

Look Good … Feel Better
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 by a beauty expert, and access to the free wig and scarves collection of The Cancer Center are included.
FEE Free DATE First and third Thursday of each month TIME 11 a.m.–1 p.m.
INFO 404.501.5701 for your reservation.

Return to Wellness Exercise Class
An exercise class to help cancer survivors with their recovery from treatment and surgery. Doctor’s permission and free assessment through The Cancer Center physical therapist are required before you may begin the class. Call Laura or Rachele at 404.296.8511 to schedule your assessment appointment. Classes are offered all year long. Participants may join again after completing one eight-week session.
SESSIONS 8 FEE Free DATES March 21–May 9 and May 30–July 25 TIME 11 a.m. or 6 p.m.
INFO 404.501.5701

The Tree House Gang
A quarterly support group for children ages 5–17 who have a parent or other family member with cancer. Immediately after The Tree House Gang, there is a Young Survivor Grief Group for children who have lost a parent to cancer.
FEE Free INFO 404.501.5701
### THE WELLNESS CENTER MEMBER GROUP EXERCISE SCHEDULE

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<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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<td>Boot Camp</td>
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<tr>
<td>Belly Dancing</td>
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</table>

The classes highlighted have a separate fee. They are open to members and non-members.

We reserve the right to:
- change the exercise schedule as needed; please call 404.501.2222 if you’d like to verify the status of a class
- substitute instructors
- limit the number of participants in a class
due to space and safety

### THE WELLNESS CENTERPOOL SCHEDULE

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
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<tbody>
<tr>
<td>5:30–9 a.m.</td>
<td>5:30–9:30 a.m.</td>
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<td>8–8:30 a.m.</td>
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<tr>
<td>Lane 1: Free Swim</td>
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<td>9–10 a.m.</td>
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<td>11 a.m.–1:30 a.m.</td>
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<tr>
<td>Water Aerobics</td>
<td>Water Aerobics</td>
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<td>Water Aerobics</td>
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<td>Lane 1: Free Swim</td>
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<tr>
<td>10:05–11:10 a.m.</td>
<td>10:05–11:10 a.m.</td>
<td>10:05–11 a.m.</td>
<td>10:30–10 a.m.</td>
<td>10:05–11 a.m.</td>
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<td>Lanes 1 &amp; 2: Free Swim</td>
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<tr>
<td>Senior Water Aerobics</td>
<td>Senior Water Aerobics</td>
<td>Senior Water Aerobics</td>
<td>Water Aerobics</td>
<td>10:05–11 a.m.</td>
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<td>Lane 3: Lap Swim</td>
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<td>11:30 a.m.–noon</td>
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<td>Water Aerobics:</td>
<td>Water Aerobics:</td>
<td>Water Aerobics</td>
<td>Water Therapy</td>
<td>Water Aerobics:</td>
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<td>Water Aerobics:</td>
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<tr>
<td>Arthritis Plus</td>
<td>Arthritis Plus</td>
<td>Arthritis Plus</td>
<td>Lane 1: Free Swim</td>
<td>Arthritis Plus</td>
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<td>2–3 p.m.</td>
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<td>Water Aerobics</td>
<td>Water Therapy</td>
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<td>Private Lessons</td>
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<td>Lap Swim</td>
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</table>

The classes highlighted have a separate fee. They are open to members and non-members.
enhance your health and fitness

6.14 | THURSDAY
AND
6.21 | THURSDAY
TREATMENT FOR SHOULDER PAIN
Join DeKalb Medical orthopedic surgeons as they discuss the latest advances in the treatment of shoulder conditions and pain.
The Thursday, June 14, seminar is 6–7 p.m. at DeKalb Medical at Hillandale Community Room and is led by Augustine Conduah, M.D.
The Thursday, June 21, seminar is 6–7 p.m. at the DeKalb Medical Theatre, North Decatur Campus, and is led by Jeff Traub, M.D. People wishing to take a complimentary tour of the new Joint Solutions Center should meet in the Theatre at 5 p.m. Call 404.501.TALK to register.

6.28 | THURSDAY
DIABETES UPDATE & FREE BLOOD GLUCOSE SCREENING
6–7 p.m. ■ DeKalb Medical Theatre ■ North Decatur Campus
Learn about diabetes symptoms and treatments and receive a free blood glucose screening at this event led by Jay Mepani, M.D., a DeKalb Medical endocrinologist.

7.12 | THURSDAY
HEART HEALTH AND VASCULAR DISEASE
6–7 p.m. ■ DeKalb Medical at Hillandale
Community Room Join Kristi Kinsey, M.D., an internal medicine specialist, as she discusses the relationship between vascular disease and heart health. Each person attending will receive a coupon for a free vascular screening that is valued at $129.

7.19 | THURSDAY
THE IMPORTANCE OF COLONOSCOPY TO YOUR HEALTH
6–7 p.m. ■ DeKalb Medical Theatre ■ North Decatur Campus
Find out why colonoscopy is the gold standard for early detection and treatment of colon cancer. Mark Stern, M.D., a gastroenterologist at DeKalb Medical, will explain the painless procedure that is an important preventative evaluation everyone should have.

7.26 | THURSDAY
JOINT PAIN NEWS
6–7 p.m. ■ DeKalb Medical Theatre ■ North Decatur Campus
Join Chris Haraszti, M.D., a DeKalb Medical orthopedic surgeon, as he talks about causes and treatments for joint pain. People wishing to take a complimentary tour of the new Joint Solutions Center should meet in the Theatre at 5 p.m. Call 404.501.TALK to register.

WHAT YOU SHOULD KNOW
You’re invited to learn more about a wide range of healthcare topics through the seminars described on this page. Light refreshments will be served.
All events are free, but registration is required. Call 404.501.WELL (9355).
We all have a stake in healthcare,” says Robert (Bob) E. Wilson, chair of the DeKalb Medical Foundation Board of Trustees. “Everything in our lives is impacted by our health. Our communities are stronger and our lives richer when we care for not only ourselves, but the well-being of others.”

Wilson, an attorney with Wilson, Morton & Downs, LLC, Decatur, speaks from experience. For more than 25 years, he has shared his time and talents with DeKalb County community health facilities. He helped found the DeKalb Rape Crisis Center and the Georgia Center for Child Advocacy, and chaired the boards of both organizations.

Recognizing Wilson’s skills in advocacy for DeKalb’s citizens, Trustee Member Judy R. McMahan asked Wilson to chair the DeKalb Medical Foundation. “We were at a critical point in our growth. I told him we only needed him to serve for one year—maybe two. That was 11 years ago!”

Under Wilson’s leadership, the Foundation has exceeded its goals, raising more than $14 million to improve DeKalb Medical’s facilities and equipment, and to deliver services in new ways.

“We’ve been very blessed,” he says, “to have had an impact that is both big and broad—big in terms of the state-of-the-art equipment we’ve purchased, and broad in our ability to reach a lot of people who otherwise would not have access to healthcare.”

“How do you feel about your charitable giving?” this open-ended question generates a variety of responses from clients. Some believe they should give more. Others don’t know if they are making an impact. Several feel disorganized, reactionary and haphazard. And most don’t know how giving will impact their financial future. Here are five steps you can take for purposeful, impactful and exciting philanthropy.

1. **Answer the question: How much do I need?** By understanding how much you need for your retirement and other financial goals, you can effectively budget for charitable giving both before and after retirement.

2. **Review your historical giving.** Make sure your passions and goals still align with the organizations and causes you have supported in the past. Does the charity still hold to its mission? Is the leadership effective?

3. **Develop a giving “portfolio.”** Create an overall allocation with the “sectors” of charity: the poor, education, healthcare, religious organizations, etc. Then “invest” in charities for each sector.

4. **Create an annual giving plan.** Apply your annual budget to your giving portfolio and review it yearly for adjustments.

5. **Get your hands dirty.** Finally, the most exciting and rewarding giving often happens when we give our time and talents, and get personally involved in the organizations we support. This ranges from serving on boards to volunteering.

By developing a disciplined and innovative giving strategy that is integrated with your retirement and wealth transfer goals, you may be able to be more generous than you ever thought and make a lasting impact on the organizations you support and the lives they touch.
Nearly $17,000 was donated to the DeKalb Medical Foundation by the DeKalb Medical Auxiliary. The $16,857 check is presented to (l-r) Nancy Reed, president, DeKalb Medical Auxiliary; Bob Wilson, chair, Foundation Board of Trustees; and Leigh Minter, executive director, Foundation and Volunteer Services. The donation was made from the proceeds of the Dogwood Gift Shop at the North Decatur campus.

Volunteers across the country are recognized for their invaluable contributions during National Volunteer Week, April 15 through April 21, 2012. Over 58,272 hours were given by 260 DeKalb Medical Auxiliaries in 2011. DeKalb Medical employees took the time to express thanks to their volunteers for all they do in a very special video.

Finding for information or photos of Foundation activities? Check out our Facebook page for all of the news about the organizations we support, the activities with which we’re involved, and the people who make it all happen. Be sure to “Like” “DeKalb Medical Foundation” or go to www.dekalbmedical.org, select “Foundation,” and click on.

Spring is a wonderful time to be on the links, so make plans to participate in the First Annual DeKalb Medical Foundation Spring Classic tournament at the Robert Trent Jones-designed course at Peachtree Golf Club in Atlanta on Monday, April 23, 2012. The tournament will raise funds for the DeKalb Medical Cancer Center. For more information, go to www.dekalbmedical.org and select “Foundation” or visit our Facebook page.

Plan your tee time now

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Robert E. Wilson
Medical Vice Chair
Robin Henry Dretler, M.D.
President & Chief Executive Officer
John A. Shelton Jr., FACHE
Treasurer
Diane P. Harden, CPA
Foundation Executive Director
C. Leigh Minter
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Judy B. Turner
Felicia D. Wilson
Foundation Staff
Karen Caughman
Beverly Hutchinson, RN, BSN
C. Leigh Minter, Executive Director
Elisabeth Rubino

AUXILIARY MAKES GENEROUS DONATION TO FOUNDATION

VOLUNTEERS RECOGNIZED FOR SERVICE

FIND US ON FACEBOOK

PLAN YOUR TEE TIME NOW

GIVING back

Gifts received between September 13, 2011, and December 31, 2011
THE FOUNDERS’ CIRCLE
The Founders’ Circle recognizes contributors who have pledged a minimum of $10,000 to the DeKalb Medical Foundation.

CHAIRMAN’S CIRCLE—$100,000 OR MORE
Dr. M. Bobbie Bailey
Emy & H. Duane Blair, M.D.
Lou Morris & A. Worley+ Brown
In honor of Betty Castellani, D. Min.
Jackie & Neil Christman
Frank A. Critz, M.D.
Barbara & John Gerlach
Betty H. Levett & Gregory B. Levett Sr.
Judy & Bob McMahan
Audrey B. & Jack E.+ Morgan Sr.
Jean Coppage White & Glenn S. White

PRESIDENT’S CIRCLE—$50,000 TO $99,999
Nancy & Eric Norwood
Joan & Neal Pope
William P. Tatum Sr.
In memory of Susanne Tatum+

EXECUTIVE’S CIRCLE—$25,000 TO $49,999
Carolina & Thomas Branch, M.D.
Iris Z. & Bruce A. Feinberg, D.O.
Dee* & William F. Keeton, M.D.
Muffie Michaelson & Robin H. Dretler, M.D.
Gene+ & Chester W.+ Morse, M.D.
Karen M. Schwartz, Ph.D., & John R. Paddock, Ph.D.
Shainul* Bhatia, M.D., & Amin* Bhatia

MEMBER—$10,000 TO $24,999
Cynthia D. Aaron, MSN*
Sidney D. Appel, M.D.
Karen & Michael Armand, M.D.
Mariana C.+ & Earnest C.+ Atkins, M.D.
The Merrell Autrey Family
Cherie & Thomas W. Bantly, M.D.
Robinette & C. Duane* Barclay, D.O.
Felicia Bender*
Linda & Garland+ Bennet, M.D.

COPPAGE SCHOLARSHIPS HONOR MEMORY OF PHYSICIAN
The Dr. Mark Coppage Scholarship was established in 1993 to honor the memory of Dr. Coppage, a local physician who died in an automobile accident in 1989. Seven students were awarded the scholarships in 2011. Since this scholarship was established in 1993, 124 scholarships have been given, totaling almost $350,000 to support students as they start their journey toward a career in medicine.

2011 COPPAGE SCHOLARSHIP RECIPIENTS
Aurlander Phillips Jr.
Clayton State University
Mary Micikas
Emory University
Michelle Gaddis
Georgia State University
Byrdine F. Lewis School of Nursing
Catharine Boice
Emory University
Porshea Boice
Georgia State University
Byrdine F. Lewis School of Nursing
Brandy Bentley
Kennesaw State University
Alisha Mikkelson
Kennesaw State University

Coppage Scholarship recipients were presented their awards by Mark Coppage and Jean Coppage White.
GIVING
back

Gifts received between September 13, 2011, and December 31, 2011

Ruth Ann & Wallace Hardy, M.D.
Ellen* & Bob Harrett
Hilary Hargreaves, M.D., &
Richard Hargreaves, M.D.
Gulshan S. Harjee, M.D., &
Zul Devji
JoAnn & Maurice Harris, M.D.
Shirley A. Harris, M.D.
Lisa & Michael G. Hartman, M.D.
David A. Holladay, M.D.*
Carolyn Hoose+
Kenneth A. Hoose, M.D.
Sally Evans & George Hovis
Jeffrey Howard, M.D.
Linda & Hardy Hurdle
Beverly H.* & William L.
Hutchinson, M.D.
Cheryl Iverson*
Diane Jarrett, M.D., & Seth
Copeland III
Della* & Jerry+ Johnson
Cindy & Dave Jollay
Jonsey J. Jones, M.D., & Joseph A.
Castellano
Maurice Jove, M.D.
Jan C. Kennedy, M.D.
Kay & John S. Kennedy, M.D.
Clifford M. Kerley Jr., M.D.
Mary Kay & Robert+ Kiesling
W. Knox Kinlaw Jr., M.D.
Karyn J. Kramer, M.D.
Catherine B. Landerman* 
Robert E. Lanier
Corrine & Gary Laskey, M.D.
Ronda & R. Allen* Lawhead Jr., M.D.
Gloria & Oliver Lee
Kathy & Brian A. Levitt, M.D.
Raymie & Tyrone C. Malloy, M.D.
Jean & Frank Matthews, M.D.
Karen Olivia May*
Patricia* & Douglas McCurdy
Julia & LaMar McGinnis, M.D.
Jean & William F. McNell, M.D.
Ervin McPherson*
Penny & Graham Stovall
Jo Anne & O. Wytch Stubbs, M.D.
Kathy & Terry Sullivan
Hiba Tamm, M.D., & Hassan
Sayegh, M.D.
Rene Tapia, M.D.
Terri TenHoor, M.D.
Stephen Thomas, M.D.*
Daniel J. Thompson Jr.
Jane J. Turner, M.D., & Fred C.
Turner
Kirby & William J.+ Vanderyt,
M.D.
José Evans & Lonnie Vogler
Gail Hall Walker, M.D.
Dr. & Mrs. James A. Walker, M.D.
Cathleen Wheatley* 
Samantha & William G. Whicker
III, M.D.
Marion H. & W. Hamilton
William, M.D.
Beverly & Biff Wilson
Lynda & Robert E. Wilson
Jo & William J.+ Rawls, M.D.
Charlotte+ & Roger R. Rowell,
M.D.
Linda S. Rowland*
Sarah R. Rucker*
Cherry+ & Robert J. Rutland
Kimberly E. Sanders & Paul C.
Browne, M.D.
Terrisa R.+ & Floyd R. Sanders
Jr., M.D.
Cheri M. Schneider, M.D., &
Michael G. Schneider, M.D.
Joel Schuessler*
Saharina Scott, Esq., & Albert Scott
Jr., M.D.
Mary+ & Clyde Shepard Jr.
Judy & Stanley Sherman, M.D.
Elizabeth V. Singleton*
Kelly & P. Tennent Slack, M.D.
Sarah & Wiley Sloan
Don E. Smith
Connie & James T. Smith III
Yanaihii Srinivasiahi, M.D., &
Bhaskar Srinivasiahi
Robert E. Stephenshion, III, M.D.
Karen A. Stolley & David J.
Littlefield
Penny & Graham Stovall
Jo Anne & O. Wytch Stubbs, M.D.
Kathy & Terry Sullivan
Hiba Tamm, M.D., & Hassan
Sayegh, M.D.
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Cherry+ & Robert J. Rutland
Kimberly E. Sanders & Paul C.
Browne, M.D.
Terrisa R.+ & Floyd R. Sanders
Jr., M.D.
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Cathleen Wheatley* 
Samantha & William G. Whicker
III, M.D.
Marion H. & W. Hamilton
William, M.D.
Beverly & Biff Wilson
Lynda & Robert E. Wilson
+deceased *employee

THE HERITAGE
CIRCLE
Members of The Heritage Circle have made, or notified the Foundation of their intention to make, a planned gift to the hospital with a provision in their estate plans. Members are listed below.

Diane & Paul Andrus
Karen & James L. Bouchard, M.D.
George Bowdoin+
Julie Childs
Barbara & John Gerlach
Thomas E. Gould, JD
Martha & Duane Kalember Jr.

Judy & Bob McMahan
Gene Slack Morse+
Nancy & Eric Norwood
Terrisa+ & Floyd R. Sanders
Jr., M.D.
Dorothy B. Stecher+
Frances Jane Thompson+
A. E. Wagnon+
Emory Todd Wagnon+
Willa Mae Wagnon+
Elizabeth Bowden Waller+
Mitzi Ann Waller
Lottie R. Wilson+
deceased

MEDALLION
SOCIETY—2011
The Medallion Society is an annual giving club, recognizing donors who contribute $100 or more to the Foundation.

Platinum—$1,000 or more
Kim Champney, M.D., & Mike
Champney, M.D.
J.A. Thomas & Associates Inc.
Franckie Jackson
Marvin Palmore, M.D.
Judith & Mark Pollock, M.D.
Sara B. Smith
Gold—$500 to $999
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Executive Director of the DeKalb Medical Foundation & Volunteer Services Leigh Minter, DeKalb Medical President & CEO John Shelton and DeKalb Medical Auxiliary President Nancy Reed at the “Light up a Life” tree lighting celebration.

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For the past 19 years the DeKalb Medical Auxiliary and the DeKalb Medical Foundation together sponsor this annual giving opportunity which raises funds to promote the health of our community by funding preventive healthcare through educational programs, clinical research and the latest technological advances.

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Do simple tasks like walking the dog, grocery shopping, gardening, playing with your grandchildren, and even walking up a flight of stairs hurt? Does pain in your knee or your hip keep you from enjoying your favorite hobbies? If you answered yes to these questions, it’s time to do what these patients did – call DeKalb Medical.

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**So if it hurts to walk, let’s talk!**

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Speak with a Joint Solutions Center specialist for questions about joint pain

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