

Best

Fall 2009

LIFE.
HEALTH.
COMMUNITY.

Premier
issue

da Vinci | 6

SURGICAL SYSTEM

Two High-tech Robots,
Experienced Surgeons,
Three Years Strong

INFIRMARY WEST

THOMAS HOSPITAL

NORTH BALDWIN INFIRMARY

MOBILE INFIRMARY MEDICAL CENTER

Infirmary
Health
System

Our Mission is LIFE



Best Life. Best Health. Best Community.



D. Mark Nix,
President and CEO

At Infirmiry Health System, we are committed to providing you with the best medicine, caregivers and facilities to ensure your health and to help you enjoy the best possible life.

For those reasons, *Best* seemed to be a natural fit for the title of this new quarterly health magazine. *Best* replaces three other publications that many of you received in the past—*Infirmiry Health Quarterly*, published by Mobile Infirmiry Medical Center, *Progress Notes* from Thomas Hospital and *Progress Notes* from North Baldwin Infirmiry. Our focus on providing you with the best healthcare choices determined the decision to consolidate three magazines into one.

In each issue, you will find information about state-of-the-art technology, such as the two da Vinci surgical robots at Mobile Infirmiry (pages 6 and 7) and Thomas

Hospital's new Computer on Wheels (page 4). This premier issue also shares the latest information about protecting your family from novel H1N1, or swine flu.

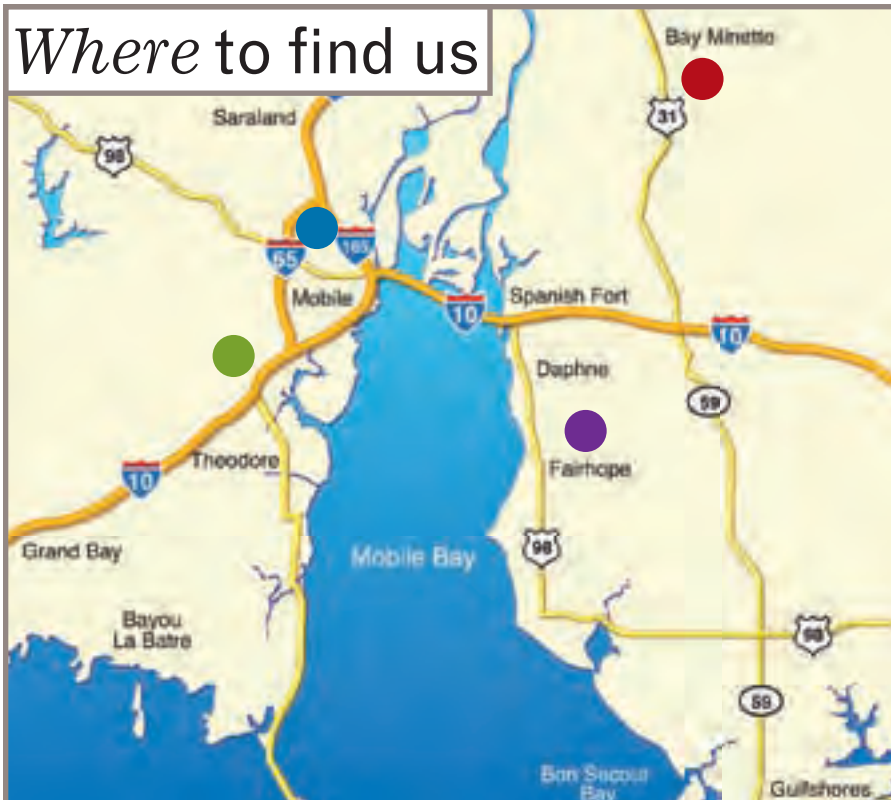
We strive to make the content of our issues timely. October is National Breast Cancer Awareness Month. Turn to page 11 to read about the advanced digital mammography offered at five of our facilities.

We sincerely appreciate the support we receive from the communities served by our network of hospitals, clinics and other healthcare affiliates in Mobile and Baldwin counties. You are members of our family, you are our friends, and you are our neighbors. At Infirmiry Health System, we want to be your **first choice** for healthcare in our region.

Sincerely,

D. Mark Nix, President and CEO
Our Mission is LIFE

Where to find us



Mobile Infirmiry Medical Center

5 Mobile Infirmiry Circle, Mobile
251-435-2400
www.mimc.com

North Baldwin Infirmiry

1815 Hand Ave., Bay Minette
251-937-5521
www.NBinfirmiry.com

Thomas Hospital

750 Morphy Ave., Fairhope
251-928-2375
www.thomashospital.com

Infirmiry West

5600 Girby Road, Mobile
251-660-5120
www.infirmirywest.org

Inside This Issue



Photograph by Martha Davidson

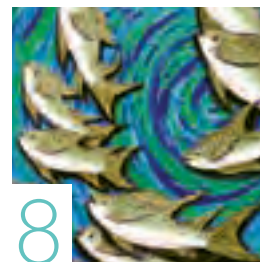
Upcoming events: The 16th annual golf tournaments for both the Infirmary Foundation and North Baldwin Infirmary Foundation take place this fall at Timbercreek Golf Club. The Infirmary Foundation's tournament begins at 12:30 p.m. on Oct. 21. The cost is \$125 per player. North Baldwin Foundation's tournament, set for Nov. 13, also starts at 12:30 p.m. The cost is \$100 per player. For more information about the tournaments, which raise funds for major equipment purchases and programs at the respective hospitals, call **435-BEST (435-2378)**.



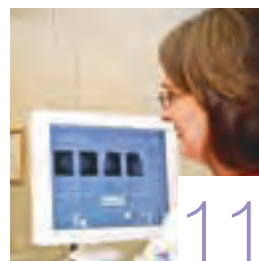
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Our Mission is LIFE

Best Life.
Health.
Community.

BEST is published as a community service for the friends and patrons of:
Infirmary Health System
5 Mobile Infirmary Circle
Mobile, AL 36607

Information in BEST comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your healthcare provider. Models may be used in photos and illustrations.

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CUM24155c

About the cover: From left, Michael A. Finan, M.D.; Dino N. Frangos, M.D.; and Paul A. Scott, M.D., with the da Vinci surgical robot. Photograph by Michael Nall.

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Mobile Infirmiry Medical Center | Infirmiry West

Innovative Surgery Reduces Scars, Speeds Recovery

Mobile Infirmiry Medical Center and Infirmiry West surgeons are among the first in South Alabama to perform gallbladder, appendectomy and reflux surgeries through single skin incisions.

The procedure, known as single-incision laparoscopic surgery, allows surgeons to make only one incision through the belly button to eliminate visible scarring. Reducing the number of incisions means faster recovery times, less pain and less risk for infection and bleeding.

“There is a worldwide trend to use less invasive techniques,” says Daran Mason, M.D. “Laparoscopic surgery, which usually consists of three to five incisions, has been around for years. But with single-site incision, we can dramatically increase the benefits and offer our patients the best cosmetic outcomes.”

Surgeons perform the procedure by using advanced instruments that enable improved access to the surgical site. A tiny port holds specialized cameras and instruments during surgery. With the single-incision method, patients often go home the day of the procedure or have a short hospital stay.



Find us on **Facebook®**

Become a Fan

Infirmiry Health System has launched a new Facebook page in order to increase awareness of news and events, such as new services, seminars, screenings and support groups.

Anyone with a Facebook profile can become a fan of the page by searching for “Infirmiry Health System” and clicking on “Become a Fan.”

Thomas Hospital Health Notes

» The Birth Center at Thomas Hospital is recognized as one of the top three hospitals in the state to exceed goals set by the Alabama Department of Public Health for satisfactory newborn screenings.

» For the 12th consecutive year, the diabetes self-management education program at Thomas has been recognized by the American Diabetes Association for offering high-quality education to patients.



Brenda Locke rolls a Computer on Wheels (COW) to register a patient at Thomas Hospital. The COW is one of many ways the hospital ensures patient confidentiality.

Photograph by Martha Davidson

Thomas Hospital Privacy on Wheels

Few things are more personal than your medical history. Keeping that history private remains a top priority at Thomas Hospital, where state-of-the-art technology safeguards patient privacy.

In the new emergency department, which includes 28 private treatment rooms, patients are registered at bedside with a Computer on Wheels, or COW. In the past, patients checked in at the registration area or were registered at bedside by medical personnel with clipboards and paper forms. That information was later transferred into a computer. The COW offers a more efficient and accurate way to register patients while allowing family members the convenience of staying in the emergency treatment area with their loved ones.

Mobile Infirmiry Medical Center

Physicians Named Best in Town



Helen Rogers, M.D.

Each year, *Lagniappe* magazine hosts the Nappie Awards that recognize individuals and local businesses as the "Best in Town." This year, Helen Rogers, M.D., Obstetrics & Gynecology Associates, took top honors as "Best OB/GYN." Her colleague, Charles Max Rogers IV, M.D., medical staff president for Mobile Infirmiry Medical Center, received an honorable mention in the same category. W. Coleman Oswald, M.D., Urology Associates, P.A., was named the city's "Best Urologist."


Exploreum Update

My BodyWorks Explores Health

In partnership with Infirmiry Health System, the Gulf Coast Exploreum Science Center showcases My BodyWorks as the region's first health science gallery.

The center's newest exhibit features 50 activities designed to educate and entertain with digital computer technology, 3-D effects and interactive adventures. Since January, more than 90,000 visitors have toured the gallery, which includes a virtual heart attack exhibit.

The exhibits appeal to all ages and include a 10-foot-tall beating heart, virtual operating room and assessments such as body mass index, flexibility tests, blood pressure checks and more.

 **Get more information about My BodyWorks at www.exploreum.com.**



Sandy Jones, R.N., and Anthony Maggio, M.D., treat InQuickER patients at Infirmiry West.

Photograph by Martha Davidson

Infirmiry West

Reservations Reduce ER Wait Time


On average, people spend more than three hours waiting for treatment in an emergency room (ER). At Infirmiry West, patients can be seen within 15 minutes using InQuickER, an internet-based registration system.

The InQuickER process allows patients to register online for non-life-threatening emergency care and then wait in the comfort of their home until the scheduled appointment time. This new system allows Infirmiry West's ER patients to have access to all the benefits of high-quality healthcare at the hospital without the lengthy wait times often associated with ER visits.



When patients arrive at the Infirmiry West ER at their scheduled appointment time, they are guaranteed to be seen by a physician within 15 minutes. If this time frame is not met, the ER charges are waived.

"We appreciated the fast attention to our medical emergency and were in and out in a shorter time than we expected," says Barbara Cline, who was an ER patient at Infirmiry West. "The staff was excellent in the services they gave. We will use InQuickER again if we have a medical emergency."

 **For more information about Infirmiry West's InQuickER service, visit www.infirmirywest.com, InQuickER.com or call 660-5135.**



Photograph by Martha Davidson



Celebrating Three Years of da Vinci Robotic Surgery

By Lauren Giddens

“I felt fortunate to provide cutting-edge technology for my patients as we were pushing the boundaries for surgery,” recalls Paul Scott, M.D., as he describes entering the operating room and prepping for his very first robot-assisted surgery.

With three years of experience, Dr. Scott and his colleagues at Mobile Infirmiry Medical Center have performed nearly 900 procedures using the da Vinci Surgical System. Mobile Infirmiry was the first in the region to introduce robotic surgery.

Surgeons use the robot to perform complex surgeries with added precision and maneuverability. The robot is available for patients with prostate, endometrial or cervical cancers. Surgeons are also performing partial nephrectomies, procedures in which cancerous tumors are removed from the kidneys, along with other benign gynecology and urology procedures.

With two robots on the surgical team, Mobile Infirmiry ranks second in the state for the number of gynecologic oncology and urology procedures performed.

The reason for pushing surgery boundaries is simple—the patients. “Robotic surgery gives us an opportunity to provide our patients with the best possible outcomes,” Dr. Scott says. “I remind my patients that the surgeon is still performing the surgery, but with the robot we have a much clearer and more precise image.”

Results With the Robot

Robotic surgeries are minimally invasive, meaning they are performed through small incisions rather than



Among the 15 surgeons at Mobile Infirmiry Medical Center trained on the da Vinci Surgical System are, from left, Dino N. Frangos, M.D.; Paul A. Scott, M.D.; and Michael A. Finan, M.D.
Photograph by Michael Nall.

the traditional 6- to 12-inch incisions required in “open” surgeries.

The benefits for patients are tremendous: less pain, less risk of infection, less anesthesia, less blood loss, a shorter hospital stay, a faster and more complete recovery, and a quicker return to daily activities.

Robotic surgery uses small instruments and a camera in much the same way as traditional surgery. But instead of the surgeon holding the instruments, they are held by robotic arms.

The robot uses the instruments to cut and suture, just as a human surgeon would, but with greater

surgical instruments and camera are manipulated by a computer featuring hand controls designed to emulate the surgeon’s hand movements. Surgeons can also control the robot with voice commands.

Real-Life Successes

When diagnosed with prostate cancer in 2008, Billy Bengtson says he turned to a friend for advice.


“He told me the robot was hands down the way to go,” Bengtson says. “After meeting with Dr. Scott, I felt confident in my decision to undergo robotic surgery.”

Prostatectomy, or removal of the prostate gland, is one of the most effective ways to combat prostate cancer.

For patients diagnosed with the disease, the da Vinci system allows surgeons to execute a more precise procedure to protect the delicate prostate nerves that control bladder and sexual function.

Bengtson, who is now cancer-free, says he was amazed at how fast he returned to his daily activities after surgery.

“Most patients go home the next day,” Dr. Scott says. “We hardly ever schedule open surgeries because of the tremendous successes using the robot.”

 For a complete list of Mobile Infirmiry surgeons using the da Vinci Surgical System, or to find out if robotic surgery is right for you, go to www.mimc.com/davinci.

Robotic Surgery Quick Facts

At Mobile Infirmiry Medical Center, we have:

- Two da Vinci robots;
- Performed nearly 900 robot-assisted surgeries;
- 15 trained physicians;
- Three years of experience.

Robot-assisted surgery means a faster, more complete recovery and quicker return to daily life.

precision. Instead of standing at the operating table, the surgeon controls the robot while sitting at a control station a few feet away. The robotic arms,



Above: Ricky Trione, the local artist chosen for the Thomas Hospital Foundation's 2009 Christmas program, explains to art students Bethany Graham, center, and Judson Sherrell the unique clock system that he uses when painting.

Below: "What Goes Around Comes Around" is the painting featured on the 2009 Thomas Hospital Foundation Christmas card.



Thomas Hospital

The Art of Christmas

This year, the Thomas Hospital Foundation's annual Christmas fundraising program features a painting by Fairhope artist Ricky Trione.

Not only is Trione an accomplished artist, he is also an inspiration to anyone who meets him. Blinded by two separate accidents, he creates art by making an outline of the subject with textured paint, which allows him to feel his way around the painting. He often paints with his fingers in order to keep his bearings on the canvas.

Trione shares his inspirational story of overcoming blindness with students of all ages and in all walks of life.

"I teach art classes, but I have found that the students teach me a lot as well," he says. "For instance, when I had my sight, I was a pen and ink

artist and used no color. After I lost my sight, the children in my classes taught me about 'Roy G. Biv.'"

Trione now uses Roy G. Biv—an acronym for red, orange, yellow, green, blue, indigo and violet—to guide him around the palette when painting. "I use the primary colors on a clock system. I put red at 12 o'clock, orange at 1 o'clock and so on," he explains.

Signed, Sealed, Delivered


Trione's painting "What Goes Around Comes Around," will be featured on Thomas Hospital's Christmas fundraising note cards. For a \$10 donation, the Foundation sends a package of five note cards, each with an image of Trione's painting, as gifts to your friends and family. The gift sets

include cards letting recipients know that donations have been made in their honor to Thomas Hospital Foundation.

All donations to Thomas Hospital Foundation are tax-deductible and support the mission to bring state-of-the-art equipment and facilities to Thomas Hospital.

To place your order, send a check and list of names and addresses to:
Thomas Hospital Foundation
P.O. Box 929
Fairhope, AL 36533

A discount is given for orders of 50 or more card sets. You may also order online at www.thomashospital.com/foundation. Cards will be mailed after Thanksgiving.

 For more information, call the Foundation office at **279-1517**.



The Thomas Hospital Foundation, created in 1993, raises funds to help provide exceptional healthcare and finance state-of-the-art equipment at Thomas Hospital. All monies raised by the Foundation through special events and gift-giving programs stay in the community to fund expansions and improvements at Thomas Hospital.

Since its inception, the Foundation has raised more than \$12 million. It focuses fundraising activities on two primary

annual events—the Golf Classic and Grand Summer Ball—which jointly netted \$260,000 this year.

In addition, a number of donor programs are available for all levels of giving, from employee payroll deductions to planned estate bequests. To inquire about becoming a Friend of the Foundation or making a charitable contribution, contact Kathy Baugh at 279-1512 or email kathy.baugh@infirmaryhealth.org. Learn more at www.thomashospital.com/foundation.

Foundation Profile

Mary Bunch

For Mary Bunch, joining the Thomas Hospital Foundation Board fit naturally into her lifestyle. Through her own professional training as a nurse, along with her husband's career as a cardiologist, she has spent most of her life in hospitals.

Yet, it was her role as a mother and the days spent with her son as he recovered in the hospital from injuries suffered in a car accident that endeared Bunch to Thomas Hospital and confirmed her desire to give back to an institution that gave so much to her family.

A native of Mobile, Bunch attended Auburn University and graduated from nursing school at the University of Alabama at Birmingham. Afterward, she worked as a trauma nurse at the University of South Alabama Medical Center, where she met her husband, Frank Bunch, M.D., who was a medical intern at the time.

"He was the chief resident at South when we married in 1988, and I was working in recovery," Bunch says. "Soon afterward, we bought our first house in Fairhope, and I started working in the intensive care unit at Thomas Hospital."



Photograph by Martha Davidson

In addition to her volunteer work for the Thomas Hospital Foundation Board and mission trips to Mexico and India, Mary Bunch harbors a passion for animals. She rescues and rehabilitates wild animals.

In 1992, Dr. Bunch accepted a cardiology fellowship in New Orleans, where the family lived for four years.

Afterward they moved back to Fairhope, where Dr. Bunch joined Cardiology Associates, a Mobile-based physicians group.

Through their children, the Bunch family also experienced Thomas Hospital from the patient's perspective. Their daughter was hospitalized with pneumonia when she was 10, and their son received treatment following


a traumatic car accident in October 2008.

"Two other boys, sadly, were also in the accident, and one of them didn't make it," Bunch explains. "They were seniors at Fairhope High School, and the accident impacted the entire community. Everyone at Thomas Hospital was so compassionate.

"Justin received such incredible care. He had very serious injuries, including a crushed heel and broken back. Dr. Dan Matthews and Dr. William Roberts from Bayside Orthopedics performed miracles," she says. "We were so grateful to the staff at the hospital. So when Kathy Baugh asked me to join the Foundation board, it was a no-brainer."

The Bunch family's charitable support isn't limited to the local hospital; they also volunteer on missions abroad.

"About 10 years ago, we started going on mission trips to Mexico with the Children of the World organization to work in an orphanage," Bunch says. "Then, when India was ravaged by the tsunami, we volunteered at an orphanage there. After talking with the villagers, we immediately saw the need for medical care and established the Bunch Family Clinic in 2007."

 **For more information about Thomas Hospital Foundation, call 279-1512.**



Lifetime Gifts

Heritage Circle:

\$1 million and above

Benefactor Circle:

\$500,000 to \$999,999

Ives Circle:

\$100,000 to \$499,999

Chairman's Circle:

\$50,000 to \$99,999

Patron's Circle:

\$25,000 to \$49,999

Founder's Circle:

\$10,000 to \$24,999

Annual Gifts

Challenge Club:

\$7,000 and above

Champion Club:

\$3,000 to \$6,999

Legacy Club:

\$1,000 to \$2,999

Guardian:

\$500 to \$999

Cornerstone:

\$250 to \$499

Friends:

up to \$249

Ives Society

Thomas Hospital Foundation has established the Ives Society to recognize donors and their generosity to Thomas Hospital. The Ives Society is named for Georgianna Thomas Ives, who donated the land upon which Thomas Hospital is built. She began the tradition of philanthropic support for the hospital.

The Ives Society is a collection of giving levels with corresponding methods of recognition.

Lifetime gifts through June 2009

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Ms. Ginger Jackson
Ms. Cynthia Jackson
Ms. Jane Jackson
Mr. John S. Jackson
Ms. Nancy James
Mr. & Mrs. Norman R. Jobe Jr.
Mr. & Mrs. Alton Johnson
Mr. & Mrs. Bryan W. Johnson
Mr. & Mrs. James W. Johnson
Mr. & Mrs. R. K. Johnston
Ms. W. F. Johnston
Ms. Barbara Jones
Mr. & Mrs. Daniel W. Jones
Ms. Lynn Jones
Ms. Martha Jones
Mr. Stephen J. Jones
Mrs. April Kahlbau
Ms. Kristen J. Kammer
Mr. & Mrs. Harold King
Mrs. June B. Kiser
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Mrs. Gerry Kopesky
Mr. Kenneth Koscicki
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Ms. Jewel B. Lawson
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Ms. Gale Majors
Ronald & Beverly Mannich
Mr. Richard P. Maxwell
Mrs. Patricia McCully
Dr. & Mrs. Robert B. McKee
Ms. Sylvia J. McMillan
Ms. Bonnie M. McNiel
Ms. Joyce M. McVey
Mr. James K. Merrihew Jr.
Mr. & Mrs. Tannis E. Mickelsen
Ms. Dorothy Moffitt
Mr. & Mrs. Rufus M. Morrison
Dr. & Mrs. David Mull
Mr. & Mrs. George H. Neal
Mr. & Mrs. G. G. Nelson Jr.
Mr. Robert E. Nelson
Mr. & Mrs. G. C. Newcomer Jr.
Ms. Charlotte Nuetzel
Ms. Lucille Ollinger
Ms. Carol B. Parsons
Mr. William H. Payne
Ms. Jo Pennington
Mr. & Mrs. Lyman Phillips Jr.
Mrs. Maurice J. Picheloup
Mr. Gerald C. Portier
Mrs. Susanne Powell
Ms. Patricia Preston
Mrs. Levis N. Quiggle
Ms. Elaine Reese
Mr. J. W. Revels
Ms. Jo Ann Riggs
Mr. & Mrs. Glenn M. Robinson
Mr. & Mrs. Harold C. Robinson
Mr. & Mrs. Mark H. Robinson
Dr. & Mrs. Richard A. Roh
Ms. Maria Rosso
The Honorable & Mrs. Ricardo M. Ryan
Mrs. Marcia K. Rydin
Mrs. Joan Schnitzer
Ms. Nina J. Secrist
Mr. & Mrs. Don Sharp
Mrs. Edwin J. Sherrin
Mr. & Mrs. Edward Slana
Ms. Cheryl Smith
Ms. Kay Smith
Mrs. Phyllis Springen
Mr. & Mrs. Earnest Stanford
Mr. & Mrs. Grady S. Strachan
Ms. Joanne Stubbs
Mr. & Mrs. Larry P. Thomas
Mr. & Mrs. Perry Thomas
Ms. Mary M. Thompson
Ms. Evelyn H. Thornton
Mrs. Marion R. Thurk
Mr. & Mrs. Eugene W. Townson
Mr. & Mrs. Joseph B. Turner
Ms. Nell H. Tyner
Dr. & Mrs. Rhett P. Walker
Mr. & Mrs. Wayne Walter
Mr. & Mrs. Bobby C. Webb
Ms. Judy L. Wheatley
Ms. Margie H. Whiteside-Allen

Mr. & Mrs. Damon Wickware
Mr. & Mrs. David Willette
Mr. & Mrs. Glen P. Wilson
Mr. George H. Worthington
Mrs. Helen York
Mrs. Dorothy Young
Ms. Penny Young

Kendrick Society

The Kendrick Society is a giving program that recognizes living donors who include Thomas Hospital Foundation in their estate planning. Types of planned gifts include bequests, charitable remainder trusts, life insurance gifts and retirement plan beneficiary designations. Kendrick Society donors are recognized on the Kendrick Society Donor Wall in the new hospital expansion.

The gift club level is determined by the amount donated.

Lifetime gifts through June 2009

Heritage Circle

Mr. & Mrs. John W. Kendrick
Mrs. Ruth Southworth

Benefactor Circle

Mrs. Iris Meinema

Ives Circle

Ms. Mamie R. Corry
Mr. & Mrs. H. Reed Myers

Chairman's Circle

Mr. Herman Schwartz

Patron's Circle

Ms. June Carol Anderson
Mr. Roger Le Vangie
Ms. Marie L. Patterson
Mr. & Mrs. O. G. Traczewitz
Mr. & Mrs. James N. Tull

Founder's Circle

Mr. & Mrs. Arman J. Buettner
Mr. & Mrs. Clark Lankton

Challenge

Mr. Otmar C. Miller

Champion

Mr. & Mrs. Paul A. Ashton
Dr. John E. Deloney
Ms. Joanne Evans
Mr. Hugh C. McCaffrey

Legacy

Mrs. Augustine Meaher Jr.
Ms. Edith Robinson



Above, from left: Scott Cooper and event co-chair Sadie Cooper; Grand Summer Ball chair Mena Morgan and Foundation board chairman Henry Morgan; event co-chair Suzy Radcliff and Hutchings Radcliff.

Grand

The 23rd annual Grand Summer Ball, held at the Grand Hotel Marriott, raised \$180,000. All proceeds go to support research for the study and treatment of elect...



Above: Thomas Hospital Foundation board member Kim Campbell and her husband, Chip.

Below, from left: Teresa Smith, Kenny McLean and Susie McGowin.



Grand Benefactor

Mrs. Marjorie Snook



Benefactors

The A. S. Mitchell Foundation
Mr. & Mrs. Mason E. McGowin

Patrons

- Baldwin Bone & Joint, P.C.
- E. Rhett Hubley, M.D.
- John L. Todd, M.D.
- George A. Corbett, M.D.
- Paul B. Canale, M.D.
- Leslie V. Rush, III, D.O.
- John Andrew Harcourt, M.D.

Photographs by Martha Davidson and Rich Rammel

Summer Ball

held on the evening of August 22 at the historic
 All proceeds will be used to fund a new lab
 trophysiology at Thomas Hospital.



Above: Mark Nix, President and CEO, Infirmiry Health System, and his wife, Wendy.



Above, from left: Dot and Tom Herides, Wyneater and Bob Burton, and Marshall and Nancy Brunden.



Above: Attendees had the opportunity to pose in a photo booth. Front row, from left: Murray Douglas and Emily and Jim Hunter. Back row, from left: Vicki O'Neill, Dana Hammele and Marian Macpherson.

Bay Radiology PC
 Robert F. Favret Jr., M.D.
 David Fore, M.D.
 Michael J. Heiser, M.D.
 Michael J. Quinn, M.D.
 Samy F. N. Saleeb, M.D.
 Mr. & Mrs. Alan D. Boan
 Dr. & Mrs. Marshall N.
 Brunden
 Mr. & Mrs. Bradley R. Byrne
 Cardio-thoracic & Vascular
 Surgical Associates, P.C.

Compass Bank
 Cooper T. Smith Stevedoring
 Co., Inc.
 Mr. & Mrs. Angelo A. Corte &
 Mr. James K. McLean Jr.
 Plantation Pointe—Mr. Teal Corte
 CPSI
 Dr. & Mrs. Kenneth E. Ellingwood
 Haley Dermatology Group, LLC
 Heart Group of the Eastern Shore
 Michael S. Pursley, M.D.
 Jack W. Brand, M.D.

HOAR Construction
 Mr. & Mrs. Hunter Lyons
 Medical Park OB-GYN
 Richard A. Roh, M.D.
 Gary W. Nelson, M.D.
 Dylan R. Wells, M.D.
 Mary D. Wells, M.D.
 Leslie Evans, M.D.
 Medtronic
 Mr. & Mrs. Henry W. Morgan Jr.
 Morrison Healthcare Food Services
 RBC Bank

Mr. & Mrs. Hutchins Radcliff
 Regions Bank
 Mr. & Mrs. Arick Rynearson
 Marshall D. Shoemaker, M.D., PC
 Mr. & Mrs. Norvelle L. Smith
 The SSI Group, Inc.
 Mr. & Mrs. Douglas T. Terreson
 Thompson Engineering

Mission Accomplished: Golf Tournament Raises \$80,000

The 14th Annual Thomas Hospital Foundation Golf Classic brought in almost \$80,000, prompting organizers to declare it "a tremendous success." Proceeds from the tournament, held in May at Marriott's Lakewood Golf Club, helped fund a new lab for the study and treatment of electrophysiology heart conditions at Thomas Hospital.

Club 3000 Sponsors

Airgas South
Blue Cross and Blue Shield of Alabama
Cardiology Associates
Cowles, Murphy, Glover & Associates, LLP
CPSI
Eastern Shore Anesthesia, P.C.—
Tim Houseman, M.D., Bill Womack, M.D.
Ethos Group
Facial and Oral Surgery of the Eastern
Shore, P.C.—Rodger L. Grissett, D.M.D.

Fairhope Single Tax Corporation
Gresham Smith and Partners
HOAR Construction
Russell, Thompson, Butler, & Houston,
LLP
State Farm Insurance—Tim Simmonds
Terry Thompson Chevrolet
Thomas Hospital Medical Staff
Thomas Roofing/Thomas Construction
Thompson Engineering
The Valencia Group



Above: **Pink Ladies Rule.** The Pink Ladies team—(shown from left) Deloris Houseman; Wendy Gavras; Mary Wells, M.D.; and Angela McCool, M.D.—rides the course in their customized golf cart.



Above: **Game of Concentration.** David Sutley, treasurer of the Thomas Hospital Advisory Board, concentrates during the putting contest.



Left: **Board Decision.** Thomas Hospital Foundation board chair Henry Morgan contemplates his options before putting.

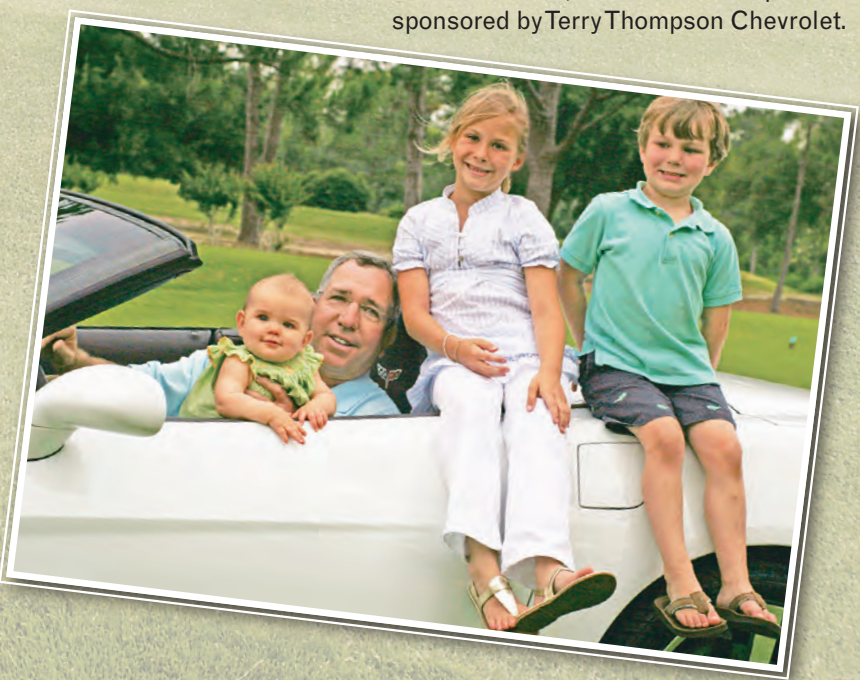
Photographs courtesy of Rich Rammel

Right: **Winning Team.** The overall winning team, comprising players from Baldwin County Medical Society and Compass Bank, receives the Dr. L. E. Rockwell Memorial Trophy, honoring the late family physician who served Thomas Hospital for more than 30 years. Mrs. L. E. Rockwell (center) and tournament chair Gary Cowles (far right) present the trophy to (shown from left) Dylan Wells, M.D., with daughter Amelia, and Doug Jones, representing Baldwin County Medical Society; and Tim Rosson and Skip Wilson, D.M.D., representing BBVA Compass Bank.



Left: **Strategizing.** (Shown from left) Football legend Lee Roy Jordan, Foundation board member Clifton Inge, Joe Bullard and Robert Soulliere visit between holes during the tournament.

Below: **Top Prize.** Terry Thompson poses with his grandchildren, Gracie Thompson, Anna Majors Boothe and Coleman Boothe, in a convertible Corvette, the hole-in-one prize sponsored by Terry Thompson Chevrolet.



Above: **Tourney Play.** Heath Boothe putts while team members Ty Thompson (kneeling), and Kevin Lyles look on.

Tributes

February–June 2009

In Memory of Verlie Adams

Reverend & Mrs. Bill Bagby

In Memory of Henry Albers

The Honorable & Mrs. J. Langford Floyd

In Memory of Jesse Andrews

Dr. Albert Corte Jr.—Highland Animal Hospital

In Memory of Robert Balch

Mr. & Mrs. Owen Bailey

Mr. & Mrs. L. Michael Baugh

In Memory of Milton Boykin

Mr. & Mrs. J. F. Boykin

In Memory of Naomi Brown

Dr. Albert Corte Jr.—Highland Animal Hospital

In Memory of Merrill Burns

Dr. Albert Corte Jr.—Highland Animal Hospital

In Memory of William C. Carrigan

Mr. & Mrs. Joe M. Johnson

Mrs. Gerry Kopesky

In Memory of Mildred Polly Wilson Cramton

Mr. & Mrs. Marcus Bradley

Dr. Albert Corte Jr.—Highland Animal Hospital

Dr. & Mrs. James Corte

In Memory of Devain Dawson Jr.

Mr. & Mrs. Owen Bailey

In Memory of Chris C. DeLaney

Mr. & Mrs. Y. Charles Earle Jr.

In Memory of J. A. Enfinger

Mr. & Mrs. Howard Holcomb

In Honor of Mary Finger

Mr. & Mrs. Ken Striplin

In Memory of Sybil Foster

Mr. & Mrs. Owen Bailey

In Memory of Lewis Gaston

Weaver Barlow

In Memory of Ed Gienger

Mr. & Mrs. Owen Bailey

Mr. & Mrs. Jim Mecozzi

In Memory of Vermell Bennett Goodman

Mr. & Mrs. J. F. Boykin

In Memory of William W. Griffin

Mr. & Mrs. Owen Bailey

In Honor of Lorna Huey

Mr. & Mrs. Ken Striplin

In Memory of Owen Bernard Hutchinson Jr.

Mr. & Mrs. L. Michael Baugh

Dr. & Mrs. James Corte

The Honorable & Mrs. J. Langford Floyd

Mr. & Mrs. Grady S. Strachan

In Memory of Billy Gene Johnson

Mr. & Mrs. Grady S. Strachan

In Memory of Delia Kane

Ms. Sherry L. Sullivan & Mr. Richard Teal

In Memory of David Kerley

Don & Elaine Kerley

In Memory of John Kittrell

Mrs. Elaine C. Kittrell

In Memory of Jim Lambert

Dr. Albert Corte Jr.—Highland Animal Hospital

In Memory of Thomas "Grady" Lambert

Mr. Robert Berglin

Mr. & Mrs. Y. Charles Earle Jr.

Mr. & Mrs. Grady S. Strachan

In Memory of Harriet Ann Lancaster

Ms. Rhonda Monarch

In Memory of James L. Lowery

Mr. & Mrs. Owen Bailey

Mr. & Mrs. L. Michael Baugh

Mr. & Mrs. John N. Leach Jr.

New Anchor Society Members

February–June 2009

Kenneth L. Adams

Kathleen Buck

Donald Burchett

Amy Decosmo

Jacquelyn Dykes

Shenia Hicks

Heather Howell

Walter A. McPhaul

Donna Nix

Stacey Orosco

Kelee Patterson

Sherry Pope

Jenny Resmondo

Hollie Seale

In Memory of Derek Keith Massey

Mr. & Mrs. Owen Bailey

In Memory of Verla McCullers

Ms. Barbara Huckabee

In Memory of Randal Parker

Dr. Albert Corte Jr.—Highland Animal Hospital

In Memory of Sylvia Rebecca T. Petite

Mr. & Mrs. Grady S. Strachan

In Honor of Joan Sasser

Mrs. Anna Warrington

In Memory of Ginny Sittason

Ms. Carolyn Bowen

In Memory of Douglas Keaton Taylor

Mr. & Mrs. L. Michael Baugh

Ms. Joan C. Cowles

Mr. & Mrs. Grady S. Strachan

In Memory of Dick Turner

Dr. Albert Corte Jr.—Highland Animal Hospital

In Memory of Mary Jean Wynne

Mr. and Mrs. Grady S. Strachan

In Memory of Linda Zay

Dr. Jennifer Fordan-Herman &

Mr. Michael E. Herman

Mobile Infirmery Medical Center

Mother and Son Simulators Join Mobile Infirmery

Noelle and her baby, Hal, are the newest additions to the labor and delivery team at Mobile Infirmery Medical Center.

However, mom and newborn differ from the typical maternity patients. Together they serve as a life-size interactive birthing and neonatal simulator system.

Funded by Infirmery Foundation, this innovative system is the only one in the region. It provides nurses and other medical staff with an opportunity to practice almost any real-life scenario that might occur during and after birth. The simulators are controlled by a computer that allows facilitators to program types of births, from normal to complicated, including breech and c-section. Nurses can start IVs in both patients, control breathing and heart rates, and give Noelle blood for postpartum hemorrhaging. In addition, Noelle speaks 90 words—depending on the programmed birth scenarios. She also moans and even grunts at times.

“We are very excited to offer such an amazing educational tool for our nurses and doctors,” says Shirley Colston, labor and delivery nurse manager. “Having the ability to mimic deliveries involving complicated medical situations helps improve comfort levels in real-life situations. This enables us to remain at the forefront of medical technology.”



Photograph by Martha Davidson

Claudia Reed, R.N., checks baby Hal during a simulated birth at Mobile Infirmery.



Photograph by Martha Davidson

Bay Minette watercolorist Bob Zarr Sr.'s winter landscape is featured on North Baldwin Infirmery's 2009 holiday card.

North Baldwin Infirmery

Foundation Sends Holiday Wishes With Custom Cards

The North Baldwin Infirmery Foundation rings in the holiday season by sending personalized wishes through its annual Christmas card program. This year's holiday card includes a watercolor print of a snow-covered landscape by Bay Minette artist and Foundation board member Bob Zarr Sr.

“Contributing my art is a way of showing loyalty to the hospital and community,” says Zarr, who has donated an original print to the program for three consecutive years.

Titled “Snowy Wooded Landscape,” the 8.5-by-11-inch print is suitable for framing.

For each \$15-per-card donation, the Foundation mails a card and personalized message to recipients letting them know that a donation has been made to the Foundation in their honor. For orders of 10 or more, the donation is \$10 per card. Proceeds from the program will be used to refurbish the North Baldwin Infirmery newborn nursery.

To order the tax-deductible cards, send a check and list of names and addresses to:

North Baldwin Infirmery Foundation
P. O. Box 1409
Bay Minette, AL 36507



You can also order online at www.NBinfirmery.com. The deadline to place an order is Dec. 15. For more information, call 580-1740.

North Baldwin Infirmary

Ultrasound Helps Solve Pelvic Pain Mysteries

An estimated 20 percent of women have chronic pelvic pain, and approximately 10 percent of all visits to the gynecologist's office are for evaluation and treatment of pelvic pain.

Some studies suggest that, historically, up to 60 percent of women never receive a definitive diagnosis and, therefore, are never treated appropriately for their pain. However, the availability of pelvic ultrasound now allows for proper diagnosis of this often perplexing condition.

"Sometimes pelvic pain has no immediately obvious cause, so diagnosing and treating it can be a real challenge," says Jeff Fahy, M.D., a Yale University-trained gynecologic surgeon at North Baldwin Infirmary.

Dr. Fahy, who specializes in minimally invasive pelvic surgery, has successfully

treated thousands of women with pelvic pain during his 12 years of practice. Dr. Fahy routinely uses pelvic ultrasound and pelvic pain mapping as part of a comprehensive evaluation for his patients.

"I often find uterine and ovarian masses on ultrasound that cannot be found on a pelvic exam alone," Dr. Fahy notes. "Usually these findings are benign, but over the years I have diagnosed some early cancers with pelvic ultrasound."

Pelvic ultrasound technology continues to advance. Transvaginal ultrasound allows for extremely detailed evaluation of internal female anatomy, and color-flow technology reveals blood flow characteristics important in the diagnosis of some conditions.

"Nowadays pelvic ultrasound is an extension of the gynecologic exam,"



Jeff Fahy, M.D., surgeon at North Baldwin Infirmary, uses ultrasound technology to diagnose chronic pelvic pain.

Dr. Fahy concludes. "Years ago we could only trust what we detected on the routine pelvic exam, and, unfortunately, a lot of very treatable problems were missed. Fortunately, this is no longer the case."

 For more information, about diagnosing and treating pelvic pain, go to www.drfaqy.com or call **877-282-FAHY (877-282-3249)**.



It's a myth that working with weights builds mammoth muscles in women.

Add weights to workouts

Big, burly, bulky—that's not the body most women want from a fitness plan. So they stay away from weights, fearing they'll end up supersized.

But it's a myth that working with weights builds mammoth muscles in women. Instead, normal weight training—important for any well-rounded fitness program—just makes women strong and fit.

Get Started

If you have any health concerns or limitations, start with medical clearance from your doctor. Then find a qualified trainer or exercise specialist to tailor a program for your fitness level and needs.

Round Out Your Regimen

Building muscle strength is just one part of a three-part approach to fitness. You'll also need regular aerobic workouts (brisk walking, running, jumping rope, aerobics or swimming) to maintain your heart and lungs, as well as flexibility exercises (Pilates or stretching) to help your joints and muscles move easily.

Add it all up, and instead of bulky, you'll find yourself buff—and beautiful.

Sources: American College of Sports Medicine; American Medical Association; Centers for Disease Control and Prevention

Digital Mammography Provides Early Detection

A mammogram can find a cancerous tumor in the breast even before the most experienced doctor detects it. Early detection gives women a crucial head start on life-saving treatments.

Digital mammography, one of the most powerful tools that women have against breast cancer, is available at five convenient Infirmiry Health System locations in both Mobile and Baldwin counties: Mobile Infirmiry Medical Center, Infirmiry–Eastern Shore, Thomas Hospital, Thomas Medical Center and North Baldwin Infirmiry.

Both digital and traditional film mammograms use X-rays to capture images of the breasts, and breasts still have to be compressed for a digital mammogram. But, the difference between the two technologies relates to how the images are recorded, stored and viewed.

“Digital images can be stored electronically and, in the near future, be transmitted from one location to another, giving us the ability to confer across county lines,” says William E. Dumas, M.D., director of the Breast Center at Mobile Infirmiry. “We are delighted to be able to offer this service to our patient population.”

A traditional mammogram displays images on a large piece of film. Radiologists study the film for suspicious-looking areas in the breasts.



Photograph by Mathia Davidson

A radiology technician conducts a digital mammography scan. Digital mammography increases image quality, which results in more accurate diagnoses.

A digital mammogram converts X-rays into electrical signals that are sent to a computer. The images can be enhanced, magnified or manipulated on a computer screen, allowing the radiologist to view specific areas of the breasts more clearly.

“The digital machines are more accurate, resulting in better detection of abnormalities in patients,” says Michael Quinn, M.D., with Bay Radiology. “We no longer have to run the films through a processor, so we have quicker turnaround for patient

results. It is great for the radiologists and for the patients.”

According to the National Cancer Institute, digital mammography produces better results than film mammography for:

- 👉 Women with dense breasts—about 40 percent of women who undergo screening mammography;
- 👉 Women younger than 50, regardless of breast density;
- 👉 Women who had their final menstrual periods within 12 months of their mammograms.

Experts agree that regular screening saves lives. The American Cancer Society recommends that women get a mammogram once a year beginning at age 40 and every year afterward as long as they’re in good health. Doctors may recommend that women be tested more often and at an earlier age if a greater risk of breast cancer exists because of a family history of the disease or other factors.

👉 For more information about digital mammography at our facilities, call **435-BEST (435-2378)**.

Go Pink With Us!

In recognition of National Breast Cancer Awareness Month, join us for open houses at our five breast imaging locations:

Oct. 15, 2:30 to 4:30 p.m.

- Mobile Infirmiry Medical Center 435-5060
- Infirmiry–Eastern Shore 625-8408
- Thomas Hospital 279-1630
- Thomas Medical Center 621-6447
- North Baldwin Infirmiry 580-1747



Heart Disease

Reduce Risks With Lifestyle Changes

Heart disease continues to be the leading cause of death in men and women in Alabama, accounting for nearly 30 percent of the state's deaths each year. Fortunately, steps can be taken to reverse that dangerous trend.

Eat Healthy

"The first recommendation is to limit fat intake," says Katie Obringer, a registered dietitian at Mobile Infirmary Medical Center. "Get rid of the saturated and trans-fats—the butter and animal fats—and replace those with olive, canola or peanut oils."

A diet of "good carbs"—high-fiber and nutrient-dense fruits, vegetables, legumes and whole grains—forms the base for a heart-healthy lifestyle. Eating lean proteins also reduces the risks. The best sources include eggs, low-fat dairy products, nuts, seeds, fish, skinless white-meat poultry, lean cuts of meat and tofu.

"People should avoid fad or quick-fix diets and focus on their overall well-being," Obringer says. "They need to maintain a healthy body weight by eating in moderation and getting regular physical activity."

Weight loss, even a modest amount, can often help improve your health. Your doctor or a dietitian can help you learn about making wise food choices, reducing oversized portions and identifying habits that may cause you to consume more calories than you burn. A slow, steady weight loss of one to two pounds a week is usually a good goal.



Fall Tours 2009



**Infirmary SENIORS and Thomas Hospital
Seniors' Best offer Day Trips for Fall 2009.**

All tours depart from the parking lot of Mobile Infirmary PRO Health.
For information and cost, call 279-4008.

Get Moving

Along with controlling calories, you may need 300 or more minutes a week of moderately intense activities, such as brisk walking or cycling, to help meet your weight-loss goals. Start slowly and build up.

The wellness facilities at Mobile Infirmary, Thomas Hospital and North Baldwin Infirmary offer a variety of fitness programs for all ages and levels, from indoor tracks and heated indoor pools to Latin dance aerobic classes. Exercise physiologists and instructors are on staff to help design an exercise program that best fits your needs.

For more information about the services and programs, call **435-BEST (435-2378)**.

Check Up on Yourself

Slimming down takes time and determination, but weight-loss success is within reach. To determine if you are overweight, check your body mass index (BMI)—an estimate of body fat based on your height and weight. Having a BMI of 25 to 29.9 indicates that you are overweight. Having a BMI of 30 or greater signifies that you are obese. You can calculate your BMI by going to www.cdc.gov/bmi.



Free blood pressure and blood sugar screenings are offered monthly at Mobile Infirmary, Infirmary West and Thomas Hospital. Mobile Infirmary and Thomas also conduct quarterly heart checks that include BMI measurements and cholesterol screenings. See our calendar of events on pages 14 and 15 to learn more.

Novel H1N1 Flu: What You Need to Know

Since the first cases of flu virus novel H1N1, formerly known as swine flu, appeared last spring, people have wondered whether they are at risk and how to protect themselves.

Infirmiry Health System hospitals are prepared for a possible outbreak of swine flu. The plan includes patient screening, lab testing, and appropriate supplies of medication and medical equipment.

“We screened for flu all summer, which is unusual after March. The numbers averaged 12 per day,” says Wendell Erdman, M.D., Mobile Emergency Group. “We screen and treat any adult or child who comes into the emergency room with flu-like symptoms. We strongly encourage people to get a flu vaccine.”

Who's most at risk?

When the H1N1 vaccine becomes available this fall, the Centers for Disease Control and Prevention (CDC) recommends that the following high-risk groups be vaccinated first:

- » Pregnant women;
- » People who live with or care for children younger than 6 months;
- » Healthcare and emergency services personnel;
- » People 6 months to 24 years;
- » People 25 to 64 years who have chronic health disorders or compromised immune systems.

According to Dr. Erdman, the novel H1N1 vaccine is not intended to replace seasonal flu vaccines and can be administered along with the seasonal vaccine.

To provide additional information, the CDC and World Health Organization answer some of the most frequently asked questions about the disease:

Q What is novel H1N1?
A It's a new virus that is not related to any previous human seasonal flu viruses. While it was originally referred to as swine flu because of genetic similarities to flu viruses that normally occur in North American pigs, further studies found that it is actually genetically different.


Q How is novel H1N1 spread?
A It spreads in much the same way as seasonal flu—through coughs and sneezes.

Q What are the symptoms?
A Symptoms, ranging from minor to severe, are similar to those of seasonal flu—fever, coughing, runny or stuffy nose, sore throat, and body aches. It may also trigger nausea, vomiting and diarrhea.

Q How can I protect myself?
A The most important thing to do is to wash your hands regularly with soap and warm water. If soap and water aren't available, use alcohol-based hand wipes or gel sanitizers.

Q Can novel H1N1 flu be treated?
A Two prescription medicines, oseltamivir (Tamiflu) and zanamivir (Relenza), may make the illness milder and help you recover more quickly. The drugs work best if started within two days of symptoms.

Q What should I do if I get sick?
A More than likely, you'll recover without needing medical care. However, contact your doctor if symptoms are severe or if you're in a high-risk group.

 **Infirmiry Health System wants to help you stay informed. For the latest information about the novel H1N1 flu vaccinations, call our flu hotline: Mobile County, 435-SFLU (435-7358); Baldwin County, 990-1083.**



Get Well

 Women's Best Event

 Seniors' Best Event

Mobile Infirmarium Medical Center

For information or reservations, call 435-3500 or e-mail infirmariumevents@infirmariumhealth.org.

Community Events

Blood Pressure and Blood Sugar Screening

Free and open to the public. Appointments required; fasting not required. Oct. 13, Nov. 10 and Dec. 8, 10 to 11 a.m. PRO Health Fitness

Pelvic Organ Prolapse: The Silent Epidemic

Dinner and talk with Charles Hanes, M.D., Urogynecology of Southern Alabama, and Sherrie Palm, author. Reservations required. Call 338-1234. Oct. 13, 6 p.m. Hearin-Chandler Auditorium

LifeSouth Blood Drive

Nov. 3 and 4, 7 a.m. to 4 p.m. Mobile Infirmarium Auditorium

Bone Density Screening

Free to *Infirmarium SENIORS* and PRO Health members, \$5 for non-members. Appointments required. Nov. 5, 8:30 to 11 a.m. PRO Health Fitness

Get Well Check

Full cholesterol profile; blood sugar, blood pressure, bone density and oxygen saturation screenings; body fat analysis; and height and BMI measurements. Cholesterol screening, \$20 for *Infirmarium SENIORS* and PRO

Infirmarium Health System wants to help you stay healthy. Our classes and events can provide ways for you to manage your health.

Health members, \$25 for non-members. Nov. 18, 8:30 to 9:30 a.m. PRO Health Fitness

Infirmarium SENIORS Holiday Brunch

Seating limited, reservations required; \$10 per person. Dec. 18, 10:30 a.m. Mobile Infirmarium Auditorium

Support Groups

Bariatric Support Group

Call 435-6495. Monthly, second Thursday, 6 p.m. Mobile Infirmarium Auditorium

Cancer Support Group

Call 544-5400, ext. 1. Monthly, fourth Tuesday, 6 p.m. Radiation Oncology Lobby

Alzheimer's Disease Support Group

Call 435-6950. Monthly, second Thursday, 10 a.m. E. A. Roberts Alzheimer's Center, 169 Mobile Infirmarium Blvd.

Infirmarium West

For information or reservations, call 435-3500 or e-mail infirmariumevents@infirmariumhealth.org.

Community Events

Pelvic Organ Prolapse: The Silent Epidemic

Dinner and talk with Charles Hanes, M.D., Urogynecology of Southern Alabama, and Sherrie Palm, author. Reservations required. Call 338-1234. Oct. 14, 6 p.m. Infirmarium West Auditorium

Blood Pressure and Blood Sugar Screening

Appointments required; fasting not required. Oct. 21 and Nov. 19, 9 to 11 a.m. Infirmarium West Lobby

LifeSouth Blood Drive

Nov. 18, 7 a.m. to 4 p.m. Infirmarium West Auditorium

Second Annual Tree Lighting Ceremony

Appearance by Santa Claus. Dec. 2, 6 p.m. Infirmarium West (front lawn)

Bone Density Screening

Free to *Infirmarium SENIORS* and PRO Health members; \$5 for non-members. Appointments required. Dec. 17, 8:30 to 10 a.m. Infirmarium West Lobby

Thomas Hospital

For information and reservations, call 279-4008 or e-mail infirmariumevents@infirmariumhealth.org.

Community Events

Strengthening and Stretching Class

Free for *Seniors' Best* members. Call 928-2835. Mondays, 9 a.m. James P. Nix Center

Low-Impact Aerobics Class

Free for *Seniors' Best* members. Call 928-2835. Tuesdays and Thursdays, 9 a.m. James P. Nix Center

To Your Health Seminar Developing Tolerance to Stressful Situations

With Cindy Warren, Warren Counseling Services. For reservations, call 928-2835.
Oct. 14, 10 a.m.
James P. Nix Center

Breast Cancer Awareness Learn Your Breast Cancer IQ

With panelists Daniel Cameron, M.D., Mitchell Cancer Institute; Gregory Cotter, M.D., Radiation Therapy Oncology; Michael Quinn, M.D., Bay Radiology; and Susan Leeke, InSight Imaging. Lunch compliments of InSight Imaging. Reservations required.
Oct. 21, Noon
Thomas Medical Center, Daphne

Blood Sugar Screenings

Fasting not required.
Oct. 26 and Nov. 23, 9 to 10 a.m.
Thomas Hospital Health
Resource Center

Heart Check

Screening includes EKG, full cholesterol profile, blood sugar, blood pressure screenings and weight measurements. \$40 fee for Seniors'Best or Health & Fitness members; \$50 fee for non-members. Appointments required.
Oct. 27, 7:30 to 9 a.m.
Thomas Hospital Wellness Center

Thyroid Screening

\$15 fee for Seniors'Best, Women'sBest or Health & Fitness members; \$20 fee for non-members. Appointments required.
Oct. 27, 7:30 to 9 a.m.
Thomas Hospital Wellness Center

Garden Tapestry

With GayNell Dumas, master gardener. Reservations required. Refreshments courtesy of HealthSpring.
Oct. 28, 1 p.m.
Thomas Hospital Wellness Center

Look Good...Feel Better

A free program for women undergoing cancer treatment. Call 928-8650.
Nov. 9, 10:30 a.m.
Thomas Hospital Health
Resource Center

AARP Mature Driving Course

Refresher course for drivers 50 and older. Participants must attend both days to be eligible for possible auto insurance discount. \$12 for AARP members; \$14 for non-members. Reservations required.
Nov. 16 and 17, 8:30 a.m. to 12:30 p.m.
Thomas Medical Center, Daphne

Support Groups

For information, call 279-4008.

Alcoholics Anonymous Meeting

Wednesdays, 7 p.m.
The Harbor, Thomas Hospital

Al-Anon Meeting

Wednesdays, 7 p.m.
The Harbor, Thomas Hospital

Al-Ateen Meeting

Wednesdays, 7 p.m.
Thomas Hospital East Tower
meeting room

National Alliance on Mental Illness (NAMI)

Thursdays, 6:30 p.m.
The Harbor, Thomas Hospital

ALS Support Group

Monthly, second Thursday, 11 a.m.
Thomas Medical Center, Daphne

Alzheimer's Disease Support Group

Monthly, first Wednesday, 10:30 a.m.
Thomas Hospital Diabetes Center

Down Syndrome Support Group

Monthly, third Saturday, 2 p.m.
Thomas Hospital Wellness Center

Medi Weightloss Support Group

Monthly, third Wednesday, Noon
Thomas Hospital Medi Weightloss
office

Multiple Sclerosis (MS) Support Group

Monthly, second Wednesday, 5:30 p.m.
Thomas Hospital Wellness Center

Traumatic Brain Injury and Spinal Cord Support Group

Monthly, first Thursday, 10 a.m.
Thomas Medical Center, Daphne

North Baldwin Infirmary

For reservations or information, call 580-1715 unless otherwise noted.

Community Events

Fight Like a Girl

A breast cancer awareness event for survivors and supporters, co-hosted by the American Cancer Society. Activities include makeovers, massages and inspirational speakers. Refreshments served; reservations required.
Oct. 15, 2:30 to 4:30 p.m.
North Baldwin Infirmary lobby

Community Health Day

Free diabetes screenings; thyroid screenings with \$15 fee for Women'sBest and Wellness Center members; \$20 for non-members.
Nov. 3, 9 to 10 a.m.
North Baldwin Infirmary lobby

The Mystery of Pelvic Pain

With Jeff Fahy, M.D., gynecologic surgeon. Topics include causes of pelvic pain, diagnosing with pelvic and transvaginal ultrasound technology, and minimally invasive pelvic surgery. Lunch is provided; \$5 per person. Reservations required.
Dec. 2, Noon to 1 p.m.
North Baldwin Infirmary Wellness
Center



Women'sBest Holiday Luncheon

Tickets, \$10 per person, must be purchased by Nov. 19; seating is limited. Call 279-4008 for ticket information.
Nov. 30, 11 a.m.
Fairhope Civic Center



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North Baldwin Infirmiry

Meet Our New Physicians



Michael Clark, M.D.

Michael Clark, M.D., obstetrician/gynecologist

North Baldwin Physicians for Women
2002 Medical Center Drive
Bay Minette, AL 36507
251-937-5377

Office hours: 8 a.m. to 5 p.m., Monday through Friday
Dr. Clark received his medical degree and completed his residency at the University of South Alabama College of Medicine. His medical interests include robotic surgery and gestational diabetes.



Jeff Fahy, M.D.

Jeff Fahy, M.D., gynecologic surgeon

2004 Medical Center Drive
Bay Minette, AL 36507
877-282-FAHY (877-282-3249)
www.drfaq.com

Office hours: 8 a.m. to 5 p.m., Monday through Friday
Dr. Fahy specializes in laparoscopic, incontinence and pelvic support surgeries. He received his medical degree from Eastern Virginia Medical School and trained at Yale University School of Medicine.



Jonathan K. Smith, M.D.

Jonathan K. Smith, M.D., surgeon

2000 McMillan Ave.
Bay Minette, AL 36507
251-580-4243

Office hours: 8 a.m. to 4:30 p.m., Monday through Thursday;
8 a.m. to noon, Friday
Dr. Smith received his medical degree from the University of South Alabama College of Medicine. He completed an internship and residency in general surgery at William Beaumont Army Medical Center in El Paso, TX. Dr. Smith served as a medical specialist in the United States Army and received numerous medals for his service.

