

INFIRMARY HEALTH SYSTEM

Best

Winter 2010

LIFE.
HEALTH.
COMMUNITY.

New Year | 6

RESOLUTION 365

Get Fit.
Get Lean.
Get Healthy.



INFIRMARY WEST

THOMAS HOSPITAL

NORTH BALDWIN INFIRMARY

MOBILE INFIRMARY MEDICAL CENTER

Infirmary
Health
System

Our Mission is LIFE



Celebrating Milestones in Healthcare



This year, Mobile Infirmary celebrates 100 years of providing the first choice for healthcare in our region, while Thomas Hospital ushers in the new year with a 50th-anniversary celebration.

D. Mark Nix,
President and CEO

In 1896, a group of prominent Mobile leaders envisioned a hospital that could adequately care for residents. A \$50,000 bond issue, along with fundraisers that included everything from pencil sales to sewing circles, funded construction of the 32-bed Mobile Infirmary.

The original hospital opened October 21, 1910, to serve a growing city. By 1946, the Infirmary needed to expand again, which was not possible at the original site. A campaign led by local clergy raised \$2 million for a new hospital. In 1952, a 258-bed Mobile Infirmary opened on the 80-acre site of the old Oak Hill Golf Course. A century after it was opened, the 704-bed Mobile Infirmary

Medical Center remains the cornerstone of Infirmary Health System.

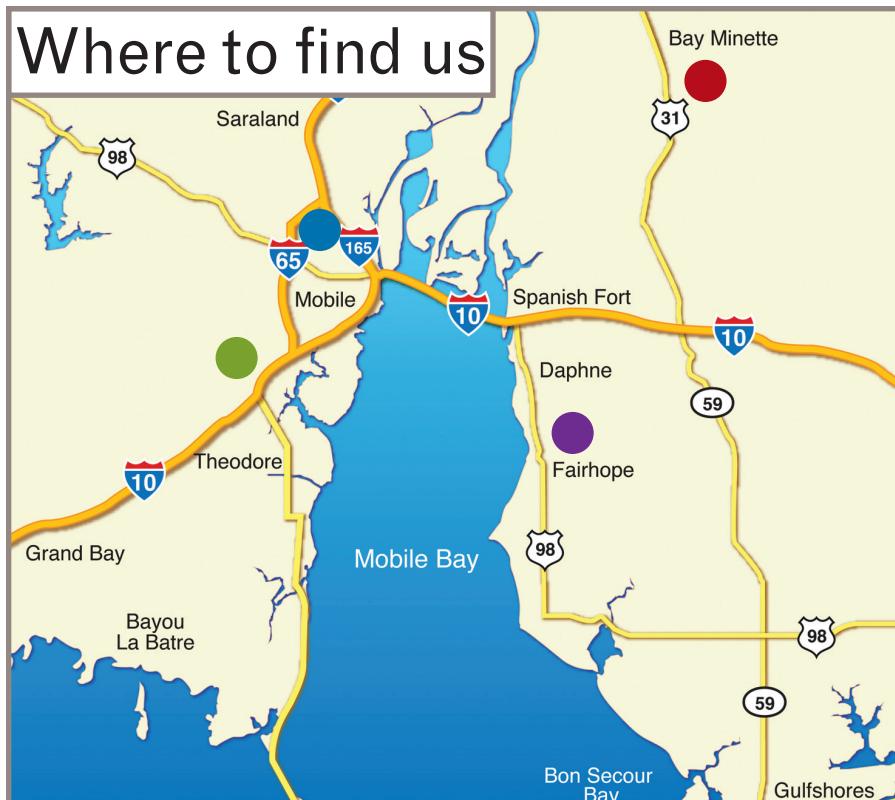
In the same spirit, a small group of dedicated people decided in the early 1950s to build a quality healthcare facility in Baldwin County. Named in honor of Georgianna Thomas Ives, who donated family land for construction of Fairhope's first hospital, the 36-bed facility opened on September 6, 1960. Thomas Hospital maintains its role as a pillar of the community, both as a first-rate healthcare operation and through its strong civic support.

Throughout 2010, Infirmary Health System celebrates both of these milestones while continuing our commitment to provide the most advanced and highest quality healthcare in South Alabama.

Sincerely,

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

Where to find us



Mobile Infirmary Medical Center

5 Mobile Infirmary Circle, Mobile
251-435-2400
www.mobileinfirmary.org

North Baldwin Infirmary

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

Thomas Hospital

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

Infirmary West

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



Spring Fever Chase Heralds Season

The 32nd annual Spring Fever Chase, sponsored by Thomas Hospital and Wachovia Bank, follows a scenic course along the bay and through neighborhoods of Fairhope on March 20. Both the 10K and 2-mile races start at the intersection of Fairhope Avenue and Bayview Street. Part of the many festivities that fill the town during the annual Fairhope Arts and Crafts Fair, the run is truly a rite of spring. Proceeds from the event benefit schools in Baldwin County. Registration deadline is March 3, and you can register online at www.thomashospital.com. For more information about Spring Fever Chase, call **435-BEST (2378)**.

Infirmary
Health
System

Our Mission is *LIFE*

Best Life.
Health.
Community.

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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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About the cover: Christy Miller, fitness instructor at North Baldwin Infirmary Wellness Center, practices yoga "tree pose." *Photograph by Martha Davidson.*

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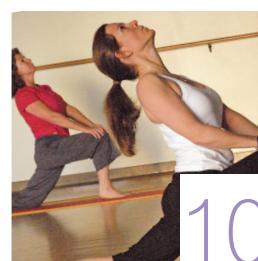
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Your plan for a healthy, fit and fun New Year

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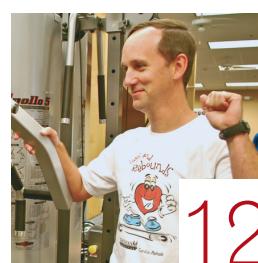
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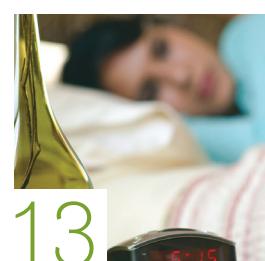
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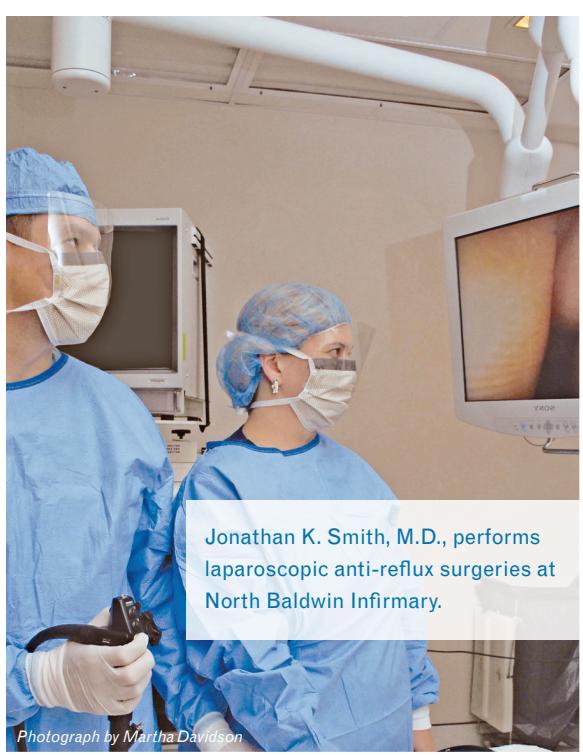
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State-of-the-art programs get hearts back to health



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North Baldwin Infirmary

New Surgeon Treats Acid Reflux With Laparoscopy

Millions of Americans suffer from heartburn, and most dismiss it as a result of eating fried or spicy foods. They tend to forget about it until the next attack. However, heartburn that occurs two or three times a week could be symptomatic of a far more serious problem known as gastroesophageal reflux disease (GERD).

"GERD can lead to Barrett's esophagus, which is a cellular change in the lining of the esophagus in response to chronic reflux," says Jonathan K. Smith, M.D., a new surgeon at North Baldwin Infirmary. "Untreated, it increases a patient's future risk of esophageal cancer."

Dr. Smith performs laparoscopic anti-reflux surgeries at North Baldwin Infirmary. The minimally invasive procedure typically shows more than a 90-percent success rate and eliminates the need for further medications. The surgery, which takes an hour to an hour and a half, requires an overnight stay.

 For an appointment or more information, call Surgeons of North Baldwin at **580-4243**.

Mobile Infirmary Medical Center

Recognized for Heart and Stroke Care

Mobile Infirmary Medical Center's Stroke Center has long been a leader in stroke diagnosis and rehabilitation. While Alabama remains in the "Stroke Belt" because of the excessive number of stroke-related deaths, the staff of Mobile Infirmary continues to educate the

community about causes, effects and treatment options.

The program was recently recognized in the "America's Best Hospitals" issue of *U.S. News & World Report* for receiving the American Heart Association/American Stroke Association's Get With The Guidelines silver award.



The award acknowledges the hospital's commitment to and success in implementing a higher standard of stroke care.

Mobile Infirmary Medical Center

Health Notes

Mobile Infirmary recently received renewed accreditation by the American Association of Blood Banks. This accreditation confirms the hospital's commitment to providing patients and blood donors with the highest standards of care. Call LifeSouth at **431-9261**.

Area Students Name Surgical Robots

In the recent "Name Our Robots" contest, two students from Causey Middle School recommended the winning names for Mobile Infirmary's two da Vinci surgical robots. The winners are *Sami*, an acronym for *surgical assistant at Mobile Infirmary*, sent in by Jack Eversole, and *Sarah*, submitted by Danielle Macip in honor of her aunt, who was diagnosed with cancer when she was 6 months old. "She is now 22 and has remained strong, just like a robot," says Macip.



From left, Sarah Leger, cancer survivor, listens with Causey Middle School students Jack Eversole, seventh grade, and Danielle Macip, sixth grade, as Vicki Tindle, surgical nurse at Mobile Infirmary, explains how the da Vinci robot helps patients.



Gaylan Peturis, speech language pathologist at Thomas Hospital, uses integrated listening system technology to help Rip Repoll improve his concentration.

Photograph by Martha Davidson

Thomas Hospital

Integrated Listening Systems Make a Difference

The integration of our visual, auditory and balance systems forms the foundation for learning and is essential for communication, auditory processing, memory, organization and concentration. When those senses fail to work harmoniously, you may have difficulty learning or paying attention.

Thomas Hospital's rehabilitation services department uses a new technology called integrated listening systems (ILS) to treat patients with learning disabilities, as well as those with autism, traumatic brain injuries and balance problems. ILS combines auditory stimulation with balance, movement and visual motor activities—all specialized to

maximize brain response.

The ILS program begins with patient interviews, followed by language and auditory processing and pitch discrimination testing. During the first few sessions, patients listen to classical music through headphones designed to train the ear nerves to send the correct signals to the brain. A series of coordination and visual exercises are also incorporated. The program has shown marked results in patients with attention-deficit/hyperactivity disorder, auditory processing disorder, sensory processing issues and autism.

 **For more information, contact Rehab Services at 279-1640.**

Aging in Place—Adapting Homes for Lifetime

The National Aging in Place Council suggests ways to improve access and safety in key areas of your home to prevent falls and fractures:

- Install grab bars, non-slip flooring, an elevated toilet seat and a walk-in shower in the bathroom;
- Make sure storage space, sinks and countertops are easy to reach;
- Select floor plans that allow for easy maneuvering of wheelchairs or scooters;
- Replace front door steps with a ramp or graded sidewalk;
- Make sure walkways and stairways are well-lit;
- Locate at least one bedroom and one full bathroom on the main floor;
- Build raised beds in gardens for easier access to plants.



Infirmary West

Better Care, Faster Admission New Geriatric Fracture Program

Older adults face unique challenges when it comes to falls and broken bones. Infirmary West has created a geriatric orthopedic program to meet such challenges. The first of its kind in the area, the "Fragility Fracture" program is designed to improve the quality of care for older patients with delicate bone fractures.

The goal of the program is to identify the needs of geriatric patients with fractures and immediately help to prepare them for surgery. Patients receive information and support to help them improve their bone health and return as quickly as possible to normal daily routines.

 **For more information about our innovative Fragility Fracture program, call 660-5496.**

(Left) Christy Miller teaches Pilates at North Baldwin Wellness Center; (top center) Joseph and Brady Ficken follow a balanced workout program at Thomas Hospital Health & Fitness; (bottom center) Spinning class is part of radio personality Shelby Mitchell's fitness routine; (right) Traci Watson keeps a lively pace during water aerobics at Thomas' Health & Fitness center.

Resolution 365

Get Fit. Get Lean. Get Healthy.

By Stephanie Chisholm

Photographs by Martha Davidson

Resolution 365 is not about just losing weight. It's about getting healthy, and it provides a plan to help you meet your goals 365 days a year. Whether your goal is to get fit, lean, strong or flexible—or a combination of all—you can reach it at any of the Infirmary Health System wellness facilities. One membership allows you to exercise at all three locations.

Each fitness center location—PRO Health Fitness and Rehabilitation Center on the campus of Mobile Infirmary Medical Center, North Baldwin Infirmary Wellness Center in Bay Minette, and Thomas Hospital Health & Fitness in Fairhope—offers programs overseen by qualified staff.

“We want to put people in an environment to succeed,” says Romie Asher, director of fitness and cardiac rehab for the System. “Our goal is to make people comfortable, give them proper instructions and keep them on track for their fitness goals.”

Local radio personality Shelby Mitchell keeps her fitness goals by working out at PRO Health in Mobile at least three days each week—busy schedule permitting.

Co-host of the 95KSJ Breakfast Club, Mitchell and her firefighter husband, who also works as a paramedic in the Mobile Infirmary emergency department, began working out at PRO Health last spring.

“I had been with a fitness facility for 10 years but was looking for a better swimming pool experience for workouts. The classes are incredible, and the instructors are great—they are the real deal,” Mitchell says.



“We really prefer the professional atmosphere and the trainers at PRO Health. Being connected with a medical facility is a positive aspect. My husband trains for triathlons, and I exercise for the health benefits. The indoor pool, spinning classes, elliptical machines and free weights help us reach our goals.”

PRO Health recently underwent a \$1.5 million renovation that added the latest in workout equipment, along with updated locker rooms, a new exercise studio and a fresh look throughout.

“We’re very excited about the renovation. We now have a private aerobics studio, which our members really appreciate,” says John McDill, team leader at PRO Health.

The Bounce-Back cardiac rehabilitation program also moved to the first floor for better accessibility (see page 12).

How Do I Get Started?

Joining an Infirmary Health System fitness center is easy. Choosing from the long list of classes may be more difficult. Each new member can receive an individualized health assessment from an exercise physiologist to test for cardiovascular fitness, body composition, flexibility, heart rate, blood pressure and posture.

“We then take the members’ goals and the results from the health assessments and write a program specifically for them,” explains Tim Ogletree, team leader, Thomas Hospital Health & Fitness. “The health assessment sets our wellness centers apart from other exercise facilities in the area.”



Like most people, you probably set New Year's resolutions but never follow through.

We can help. Join Resolution 365, an innovative exercise program offered through the Infirmary Health System fitness centers.



Group Workouts Work

According to the American College of Sports Medicine, people who work out in groups are more likely to stick with a program. Each of the fitness centers offers numerous classes, including spinning, body sculpting, yoga, Pilates, water aerobics and step aerobics.

“The great thing about group workouts is that everyone can do them,” explains Pauline Martin, manager, North Baldwin Infirmary Wellness Center. “Our largest class is Zumba, a Latin-style aerobics dance class. It’s really upbeat with easy-to-follow moves.”

Make It a Family Goal

Thomas Hospital Health & Fitness designs programs specifically for children. KidGetFit (ages 7 to 11) and TeenGetFit (ages 12 to 16) focus on developing muscular strength and endurance, aerobic capacity, flexibility and motor skills. These programs help children manage weight with a more active and healthy lifestyle and give them tools to control their weight now and in the future.

One Membership— Three Locations

A membership at an Infirmary Health System fitness facility allows you to exercise at any of our three locations. For classes and amenities, call **435-BEST** (435-2378) or visit our fitness center sites:

- www.mobileinfirmary.org
- www.thomashospital.com
- www.nbinfirmay.com



Photograph by Martha Davidson

Chairing the 2010 Grand Summer Ball is Wendy Gavras (seated, middle). Co-chairs are, from left, Dolores Houseman, Angela McCool, M.D., and Mary Wells, M.D.

Thomas Hospital

Symphony of Sound and Colors

24th Annual Grand Summer Ball

Mark your calendar for The Thomas Hospital Foundation's 24th annual Grand Summer Ball. The popular black-tie affair is scheduled for Saturday, August 21, at the historic Grand Hotel Marriott in Point Clear.

"The ball will transport you into exotic locales with edgy design elements and striking infusions of color," says Wendy Gavras, chair of the 2010 ball. "We are going to have something different from what has ever been done before."

Gavras, along with co-chairs Dolores Houseman, Angela McCool, M.D., and Mary Wells, M.D., envisions the Grand Ballroom wrapped in natural and organic materials with an Asian-inspired motif.

"The big surprise will be this year's band," Gavras continues. "I love high energy and want the whole crowd to have a memorable evening."

Proceeds from the ball will go toward the purchase of high-definition laparoscopic equipment for Thomas Hospital and Thomas Medical Center.

For more information, contact Kathy Baugh at **279-1512** or by e-mail, kathy.baugh@infirmaryhealth.org.

North Baldwin Infirmary

Spring Gala: Plans are under way for the North Baldwin Infirmary Foundation's 15th annual Spring Gala, scheduled for Saturday, April 17, at 6 p.m. at the John F. Rhodes Civic Center in Bay Minette. Former event chairs Wendy Smith (left) and Phyllis Helms (right) share their experiences with the 2010 chair, Georgene Connor. For information, call **580-1740**.



Photograph by Martha Davidson



Photograph by Martha Davidson

Golf Tourney a Success:

North Baldwin Infirmary physicians enjoyed a day out of scrubs and on the greens during North Baldwin Infirmary Foundation's annual golf tournament at TimberCreek. The teams raised more than \$14,000. From left are Jeff Fahy, M.D., Travis Paul, M.D., Jonathan Smith, M.D., and Mark Crowell, M.D.



THOMAS
HOSPITAL

Foundation

Our mission is to encourage and responsibly manage the community's investment in Thomas Hospital.

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 money raised by the Foundation through special events and gift-giving programs stays in the community.

Since its inception, the Foundation has raised more than \$17.5 million. It focuses fundraising activities on two primary annual events—the Golf Classic and Grand

Summer Ball—which jointly netted \$260,000 in 2009.

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 Thomas Hospital Foundation or making a charitable contribution, contact Kathy Baugh at **279-1512** or e-mail kathy.baugh@infirmaryhealth.org. Learn more at www.thomashospital.com/foundation.

“Angels” by **Amanda Hendrich**, from
The Thomas Hospital Foundation collection

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

The Thomas Hospital Foundation 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 October 2009

Heritage Circle

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

Benefactor Circle

Fairhope Single Tax Corporation
Mr. & Mrs. Joe M. Johnson
Mrs. Iris Meinema
Thomas Hospital Auxiliary

Ives Circle

A.S. Mitchell Foundation, Inc.

Baldwin County Commission
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Chris Myers Auto Mall
City of Fairhope
Compass Bank
Ms. Mamie R. Corry
CPSI, Inc.
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Hospital
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Mr. & Mrs. Van P. Finger
Frazer Lanier Company
Heart Group of the Eastern Shore, P.C.
Hoar Construction
Mr. & Mrs. Charles Houser
Johnson Development

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“The main goal of the hospital administration, staff and physicians is to come together for one common goal—to protect and improve the health of the patients.”

—Jimmie Gavras, M.D.



Switching to High Def

High definition (HD) has changed the way Americans watch television with advanced picture clarity, greater detail and more realistic images. This technology allows viewers to feel like they are present at an event face-to-face with whatever they are watching.

Imagine what results HD technology might produce for surgeons during complex, minimally invasive surgical procedures that depend on maximum clarity.

To ensure that Thomas Hospital maintains the highest level of care for its patients, The Thomas Hospital Foundation is committed to raise \$650,000 over the next year for the purchase of HD equipment at the hospital and at Thomas Medical Center in Daphne.

“We are excited about this project and are confident that the community will support us in reaching our goal,” says Henry Morgan, chairman of The Thomas Hospital Foundation Board. “We plan to earmark the projected \$260,000 proceeds from the 2010 golf tournament and Grand Summer Ball, along with a generous \$84,000 gift from the hospital Auxiliary, for this project.”

The balance of the funds will be financed through a physicians’ campaign, corporate and individual gifts, other Foundation grants, and the hospital’s capital budget.

General surgeon and Foundation Board member Jimmie Gavras, M.D., heads the steering committee for the physicians’ portion of the campaign.



Photographs by Martha Davidson

Thomas Hospital physicians have joined the campaign to raise funds for high-definition laparoscopic equipment. Photo at left (from left): Jimmie Gavras, M.D., chairs the physicians' steering committee. Serving with him are John Todd, M.D., and Marshall D. Shoemaker, M.D. Pictured above are (from left) W. Terry Stallings, M.D., Robert Brown, M.D., and Daniel Matthews, M.D.

for a Better View

“The main goal of the hospital administration, staff and physicians is to come together for one common goal—to protect and improve the health of the patients,” Dr. Gavras says.

Other members of the committee are Robert Brown, M.D., of Drs. Brown and McCool, PC; Daniel Matthews, M.D., of Bayside Orthopaedic; Marshall D. Shoemaker, M.D., of Marshall D. Shoemaker, M.D., PC; W. Terry Stallings, M.D., of Mobile Urology Group, PC; and John Todd, M.D., of Baldwin Bone & Joint.

HD equipment provides improved visual images that allow for greater precision during surgery and easier detection of disease. Drs. Todd and Shoemaker agree that it also gives them the ability to address issues that were not even visible to them before.

“We’ve provided world-class healthcare here for years, and for us to continue to do so, we have to keep up-to-date with world-class equipment,” Dr. Matthews says. “The real winner is the patient, and that’s the most important thing.”

 For information about becoming a Friend of The Thomas Hospital Foundation or making a contribution, contact Kathy Baugh at **279-1512** or e-mail kathy.baugh@infirmaryhealth.org. Or visit www.thomashospital.com/foundation.

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 M.L. Moorer Foundation
 Mapp Family Foundation
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 Mr. & Mrs. Mason McGowin
 Mr. & Mrs. Richard T. Merritt
 Mr. & Mrs. Rodney A. Pilot
 Point Clear Charities, Inc.
 Reynolds Ready Mix LLC
 Dr. & Mrs. Marshall Shoemaker
 The SSI Group
 Thomas Roofing/Thomas Construction Co.
 Thompson Engineering
 Valencia Group Inc.
 Vision Bank
 Whitney Bank

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 Airgas Gulf States
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 Dr. & Mrs. Warner Wiggins
 Mr. Kenneth Wilcutt
 Mr. & Mrs. Marion E. Wynne, Jr.

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Ives Society

Annual contributions,
July–October 2009

Challenge Club

Mrs. Marjorie Snook
Thomas Hospital Auxiliary

Champion Club

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Bay Radiology, P.C.
Dr. & Mrs. Marshall N. Brunden
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Cardio-Thoracic & Vascular Surgical
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Legacy Club

Abbott Laboratories Fund
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Mr. & Mrs. Coleman Bryars

Dr. & Mrs. Philip J. Butera

Mr. & Mrs. Bradley Byrne

Citizens' Bank

Mr. & Mrs. Ray Clark

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Dr. & Mrs. Albert Corte, Jr.

Mr. & Mrs. Angelo A. Corte

Dr. & Mrs. William L. Davidson II

Dr. & Mrs. Fred F. Diegmann

Eastern Shore Urgent Care

Family Practice Associates

Dr. & Mrs. William E. Goetter

Hartmann, Blackmon & Kilgore, P.C.

Dr. & Mrs. Ahmet Helvacioglu
Dr. & Mrs. Frank K. Hixon
Mr. & Mrs. Clifton C. Inge
Mr. & Mrs. E. D. Johnson
Johnstone, Adams, Bailey, Gordon &
Harris, L.L.C.

Mr. & Mrs. Hunter Lyons
Mr. & Mrs. Ritchie Macpherson
Dr. Elizabeth Manci
Dr. & Mrs. Michael L. McBrearty
Mr. J.J. McCool and Dr. Angie McCool
Dr. & Mrs. John C. McDuff
Mr. & Mrs. Ben M. McKibbens
Mr. James K. McLean
Mrs. Katherine Monroe
Mr. & Mrs. Mark Nix
Mr. & Mrs. Rodney A. Pilot
Mr. & Mrs. W. H. Radcliff
Mr. & Mrs. Timothy P. Simmonds—
State Farm Insurance
Dr. Betty Ruth Speir
Terry Thompson Chevrolet

Valencia Group Inc.
Whitney Bank
Dr. & Mrs. Warner Wiggins
Mr. & Mrs. Marion E. Wynne, Jr.

Guardian

Dr. & Mrs. Wayne P. Cockrell, Jr.
Mr. & Mrs. Henry Crawford
Mr. & Mrs. Michael E. Daves
Eastern Shore Heart Center, PC
Dr. & Mrs. Joseph L. Fontenot
Gulf Regional Pathologists, P.A.
Mr. & Mrs. Ed J. Hammel
Dr. & Mrs. Miles Jones
Mr. & Mrs. William M. Kell
Mr. Colin E. Kemmerly &
Dr. Anita K. Kemmerly

Mr. & Mrs. Thomas P. Langan
Lyons Pipes & Cook
Marine & Industrial Supply
Mr. & Mrs. David C. McMellon
Dr. & Mrs. David Mull
Mr. & Mrs. James M. Murray
Newman's Home Medical LLC
Dr. & Mrs. Lionel W. Noonan, Jr.
North Baldwin Infirmary
Precyse Solutions, LLC
Dr. Katrina Skinner
South Baldwin Podiatry
Dr. & Mrs. William R. Staggers
Streamline Health, Inc.
Dr. & Mrs. H.L. Strickland
Surgical Associates of Eastern Shore, PC
Mr. & Mrs. Larry Tomlinson
Mr. & Mrs. Carswell M. Walcott

Cornerstone

Anonymous
Dr. & Mrs. Eugene W. Brabston
Mr. Richard N. Charles
Mrs. Rhonda Dickinson
Mr. & Mrs. Van P. Finger

—Continued on next page

A History of Achievement

When The Thomas Hospital Foundation was created in 1993, its first project was to create a **pediatric unit** for the hospital. In 2002, the Foundation concluded the hospital's first capital campaign. "Hope for the Heart" raised more than **\$3 million** for construction of the **Heart Center**, thereby bringing open-heart surgery to Baldwin County.

To date, the Foundation has given more than **\$40,000** to fund **KidGetFit** and **TeenGetFit**, a 10-week class to teach weight management to children, teens and their families.



The Foundation granted **\$340,000** for the new cardiac rehabilitation facility, which opened on Nichols Avenue in spring 2008. Due to the generosity of The Thomas Hospital Foundation donors, Cardiac Rehab was able to move from a 900-square-foot area in the Wellness Center to the new 5,500-square-foot **Cardiac Rehab Center**.

Proceeds from the 1998 Grand Summer Ball purchased the **infant and child security system** for the Women's and Children's Center. This system triggers a lockdown if an infant is carried beyond certain doors in the hospital.





The Foundation granted \$650,000 to purchase **digital mammography equipment** for both Thomas Hospital and Thomas Medical Center.



Photograph by Martha Davidson

The Foundation raised **\$2 million** toward construction of a **new emergency department**, which opened in March 2009.

In 2008, **\$18,000** was made available to refurbish the **Medical Intensive Care Unit waiting room**.



The Thomas Medical Center in Daphne has far exceeded projections for this facility. The heavy patient load created the need for additional equipment. The Foundation has purchased more than **\$26,000 in surgical equipment** in addition to a bone densitometer for **\$27,285**.

Most recently, the Foundation raised **\$450,000** to help create a **third cath lab dedicated to electrophysiology**.



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Dr. Jennifer Glass
Goodwyn, Mills & Cawood, Inc.

Mr. & Ms. Bruce Henke
Mr. & Mrs. John W. Kendrick
Mrs. Judy Culbreth &

Mrs. Walter Kirkland
Mr. & Mrs. Allen Perdue
Mrs. R.H. Radcliff, Jr.
Mr. Joe Rytlewski
Mr. & Mrs. H.W. Thurber III
Wachovia Foundation Matching
Gifts Program

Friends

Mr. & Mrs. Mark Acker
Dr. Regan M. Andrade
Bay Animal Clinic
Mr. & Mrs. Glenn Boom
Dr. & Mrs. Brian Cheshire
Mr. & Mrs. Y. Charles Earle, Jr.
The Rev. & Mrs. Henry E. Eddins
Mr. & Mrs. Fred K. Granade
Ms. Ann B. Hearn
Ms. Louise C. Hearn
Mr. & Mrs. James P. Hunter
Mrs. Gerry Kopesky
Mr. & Mrs. Jim Lowery, Jr.
Mr. Hugh McCaffrey
Ms. Bonnie M. McNeil
Mr. Jason Presley
Mrs. Levis N. Quiggle
Mrs. Maria Rosso
Mr. & Mrs. Robert T. Walton
Dr. & Mrs. William T. Wilson

Kendrick Society

The Kendrick Society is a giving program that recognizes living donors who include The 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.

Lifetime gifts through October 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

Tributes

July–October 2009

In Memory of Verlie Adams

Mr. & Mrs. Owen Bailey
Ms. Marilyn S. Cotten

In Memory of Tom Ames, Sr.

Dr. Albert Corte, Jr.—Highland Animal Hospital

In Memory of Frances Bishop

Mr. & Mrs. Joe M. Johnson

In Memory of Frank Burkett

Dr. Albert Corte, Jr.—Highland Animal Hospital

In Memory of Pierre Burns

Mr. & Mrs. Owen Bailey
Mr. & Mrs. Philip L. Cusa
Mr. & Mrs. Y. Charles Earle, Jr.

In Memory of Robert Comalander, Sr.

Mr. & Mrs. Grady S. Strachan

In Memory of Allen Dean

Mr. & Mrs. Grady S. Strachan

—Continued on next page

—Continued from previous page

In Memory of William Jefferson Floyd

Mr. & Mrs. Marcus Bradley

In Memory of Bobbie Hall

Dr. Albert Corte, Jr.—Highland Animal Hospital

In Memory of Betty J. Harris

Mr. & Mrs. Philip L. Cusa

Mrs. Elaine C. Kittrell

In Memory of Mary Irons

Mr. & Mrs. Owen Bailey

Mr. & Mrs. Philip L. Cusa

Mr. & Mrs. Y. Charles Earle, Jr.

Mr. & Mrs. Clifford Nelson

In Memory of Mrs. Kelly

Dr. Albert Corte, Jr.—Highland Animal Hospital

In Honor of Mena Morgan's Birthday

Mrs. Mary Dudley Childress-Schmidt

In Honor of Mena and Henry Morgan

Mr. & Mrs. James P. Hunter

In Memory of Paul Francis Muscat, Sr.

Mr. & Mrs. Grady S. Strachan

In Memory of Harold Sheffield

Mr. & Mrs. Owen Bailey

Mr. & Mrs. Marcus Bradley

Ms. Jackie Calhoun

Mr. & Mrs. Jim Duff

Ms. Tammy W. Jackson

Wesley, Elizabeth and Libby Moore

Barbara Richmond

Mr. & Mrs. Grady S. Strachan

In Memory of Sheila Simms

Ms. Mary Balch

Mr. & Mrs. Grady S. Strachan

In Honor of Linda M. Smith

Anonymous

In Memory of William "Dan" Straughn

Mr. & Mrs. Grady S. Strachan

In Memory of Gladys Trione

Mr. & Mrs. Y. Charles Earle, Jr.

In Memory of Pina Witherington

Mr. & Mrs. Y. Charles Earle, Jr.



Foundation Gifts Contribute to Great Healthcare

In 16 years, the Foundation has raised more than \$17.5 million in gross proceeds. As Thomas Hospital prepares for the future and embraces the many challenges that lie ahead, we know that our achievements cannot be reached without the support and generosity of the community. Read more about how we utilize your contributions.

Annual Giving

The Foundation's **Annual Giving**

Committee develops strategies to achieve broad-based support. Our current annual programs include:

» The **Employee Drive** has generated more than \$850,000 in gifts and pledges since its inception in 1994.

» The **Christmas Card program** encourages people to honor friends, families and associates by making a donation to the Foundation. A set of Christmas cards is mailed to recipients, letting them know a gift has been made in their honor. It is simple for the donor and 100 percent tax deductible.

» The **Tribute program** for the Foundation encourages honor gifts to celebrate a friend's graduation, the birth of a baby, a marriage, an associate's promotion, parents' anniversary or a successful surgery. A memorial gift can also offer a gesture of comfort and compassion for someone who has lost a loved one. For a one-time gift of \$100 to the Foundation, unlimited honor and memorial gifts can be made during the following 12-month period. Gifts can also be made as requested.

» **Friends of The Thomas Hospital Foundation** is a direct-mail program. In March, a letter is sent asking for a donation as small as \$20. In recognition of your gift to become a Friend of The Thomas Hospital Foundation, you receive a distinctive decal to display on your vehicle.

Special Events

The Thomas Hospital Foundation's **Special Events Committee** currently

supports two annual fundraisers. These events engage many volunteers, corporate sponsors and individuals.

» Since its inception 14 years ago, the **Thomas Hospital Foundation Golf Classic** has raised more than \$1.3 million.

» Aug. 22, 2009, marked the 23rd anniversary of the **Grand Summer Ball**. The black-tie gala netted more than \$180,000.

Planned Giving

The Foundation's **Planned Giving**

Committee is responsible for informing potential contributors of estate planning techniques that would accomplish the donors' philanthropic goals and benefit Thomas Hospital.

The Thomas Fund is a gift annuity program through which donors make an irrevocable gift to the Foundation and receive an annuity back for the remainder of their lives. All planned gifts are recognized on the Kendrick Society Donor Wall, located in the new expansion.

Major Giving

The Foundation's **Major Giving**

Committee works to develop relationships with those who could make major gifts to support Thomas Hospital. This committee attracts donors by letting them get to know the hospital and how their gift could impact the lives of their friends and families.

» The **Ives Society** is a function of the Major Giving Committee. The Ives Society recognizes contributions of \$250 or more in **Best**, a quarterly publication of Infirmary Health System. Annual gifts of \$1,000 to \$9,999 are recognized for one year on the donor wall in the East Tower lobby. Donors who have given \$10,000 or more over their lifetime are permanently recognized on this wall.

All funds raised through the Foundation are used exclusively for expansions and improvements at Thomas Hospital.



Photograph by Martha Davidson

Foundation Profile

Kim Campbell

Continuing the legacy of her mother, the late Camille Corte, Kim Campbell is known as a woman who likes to get involved in the community and carries on the family's philanthropic traditions.

"Mom was always involved in something," Campbell says with a smile. "She called herself a 'professional hobbyist'."

Campbell and her husband, Chip, along with their two children, relocated here from Shreveport, La., three and a half years ago to be close to her mother, who was struggling with terminal cancer. Their daughter, Camille, is now a freshman at Louisiana State University, and their son, Camp, is a junior at Bayside Academy, the school where his parents met years ago.

Campbell quickly started volunteering for local causes, including Bayside fundraisers, Thomas Hospital events and the annual Polo at the Point match sponsored by the Point Clear Charity Foundation, of which her mother was a founding member. In addition, she also inherited a passion for photography from her parents.

"Mom loved taking pictures and writing stories about people, and my dad taught me the technical aspects of photography," Campbell says. Rarely seen without her camera, she enjoys taking photos of her family on their horses and action shots of her son's football team.

As a new member of The Thomas Hospital Foundation, Campbell looks forward to serving on the board. "You want to have the best of the best looking out for you and your family, and that is what Thomas Hospital represents to me," she explains. "It's important for a community to support its local hospital, and I am going to do all I can to help."

2009-2010 Board of Directors

Governed by a board of directors composed of community leaders, The Thomas Hospital Foundation Board members volunteer their time to carry out the work of the Foundation.

Leadership

Henry Morgan, **Chairman**

John Baker, **Vice Chairman**

Effie Thompson, **Secretary**

Diane Anderson, **Treasurer**

Committee Chairs

Deb Bondurant, **Annual Giving**

Ken Cole, **Major Giving**

Britten Britt, **Planned Giving**

Julie Wiggins, **Special Events**

Maria Adams

Aurelia Bryars

Mary Bunch

Rebecca Byrne

Kim Campbell

Rusty Coker

Gary Cowles

Ashley Daves

Sharon Dearing

Jimmie Gavras, M.D.

Chris Haley

Clifton Inge

Rick Kingrea

W. Hunter Lyons, Jr.

Mary Carolyn McDaniel

Julian McDonald

Ben M. McKibbens

Andy Midkiff

Kerry O'Connor

Holly Pursley, M.D.

Tim Simmonds

Susie Stinebaugh

Terry Thompson

Damon Wickware

New Anchor Society Members

July–October 2009

Melissa Bolling

Christie Carter

Laura Caswell

Suzanne Cody

James A. Fant

Lewis Gardner

Terra Haller

Kari Harbison

Loriene Hosmer

Dawn Howell

Amanda Ivey

Donald Johnson

Richard Keenan

Melesa Keith

William Krajewski

Donna Kucera

Charles Langley

Sheri Lazenby

Amra Markulj

Brigitte Mitchell

Sabrina Phillips

Tonya Randall

Loretta Wilson



Find us on
Facebook®

Become a fan of The Thomas Hospital Foundation on Facebook. Just log on and type "Thomas Hospital Foundation" into the search box.



Shown above, 2009 Golf Classic chairman Gary Cowles (right) accepts a gift of appreciation from Terry Thompson.

Tee off for Thomas

It's not too early to save the date for the 15th Annual Thomas Hospital Foundation Golf Classic on May 5, 2010, at Marriott's Lakewood Golf Club. Proceeds benefit new high-definition laparoscopic equipment for the operating rooms at Thomas Hospital and Thomas Medical Center in Daphne.

For more information e-mail kathy.baugh@infirmaryhealth.org or call **279-1512**.

Auxiliary Gift Adds to Capital Campaign

Thomas Hospital Auxiliary's immediate past president, Barbara Nutini (left), presents a donation of \$84,000 to The Thomas Hospital Foundation at the Auxiliary's 49th annual meeting. The funds will be used for new high-definition laparoscopic equipment. Accepting the check on behalf of the Foundation are Kathy Baugh (far right), vice president of Infirmary Foundation Services, and Jeana Barnes, coordinator of The Thomas Hospital Foundation.



Cardiac Patient Gives Back to Rehab Center

Mary Laseau knows the importance of being heart healthy. After five bypass surgeries and several stint procedures, she is a passionate member of The Thomas Hospital Foundation's Cardiac Health and Rehab Center and recently funded the facility's new Apollo 5 Machine. Through her donation to The Thomas Hospital Foundation, the center was able to purchase this \$5,000 multi-purpose, strength-training apparatus.

"I had my bypass surgeries when I lived in Florida at the best hospital in the area, but it was nothing compared to the care I received at Thomas Hospital," Laseau says. "Dr. Craig Peterson put in my stint two and a half years ago and referred me to the Cardiac Rehab Program, and joining was the best decision I ever made."

Laseau participated in the center's 12-week program of medically supervised exercise and education designed for patients who are recovering from heart-related problems or surgery. After those 12 weeks, she decided to participate in the facility's maintenance program, which is designed to ease patients into more independent exercise routines.

"When I first started, it took me forever just to walk half a mile. Now I have an iPod and pretty much dance on the treadmill," Laseau laughs. "I love it here and come at



Mary Laseau learns a new strength-training technique from exercise physiologist Michael Soesbe on the Apollo 5 Machine. Laseau funded the equipment through a generous donation to The Thomas Hospital Foundation.

least four times a week. The staff is a wonderful group of professionals and always makes exercising enjoyable. It's like a social club for me."

The Thomas Hospital Foundation's Cardiac Health and Rehab Center opened in 2008. It was built through fundraising efforts from the Foundation and has helped the hospital earn the distinction of one of the Top 100 Cardiovascular Hospitals in the nation for the past four years.

Mobile Infirmary Medical Center

Advanced Technology Helps Couples Conceive Their Dreams

For many couples, conceiving and giving birth are dreams they hope will come true. Yet more than six million women in the United States have difficulty getting pregnant or staying pregnant, according to the Centers for Disease Control and Prevention.

Recently, the Infirmary Foundation purchased a new incubator, the only one of its kind in the region, for the in vitro fertilization (IVF) lab at Mobile Infirmary Medical Center.

An incubator is used for artificial fertilization. Each time an incubator is opened, the environment changes and poses risks to the fertilization process. The new technology significantly reduces exposure of the embryos, allowing them to develop faster.

George T. Koulianios, M.D., and George B. Inge, M.D., specialists at the Center for Reproductive Medicine, evaluate medical factors that make conception difficult, and recommend the best procedures.

“Our responsibility is to remain at the forefront in technology for our patients,” Dr. Koulianios says. The IVF lab is the only program in the region to grow embryos with triple gas, using oxygen, nitrogen and carbon dioxide.

“Using triple gas with our specialized incubators allows for more natural conditions and emulates the fallopian tube environment.”



Photograph by Martha Davidson

George T. Koulianios, M.D. (standing), and George B. Inge, M.D., compare the new in vitro incubators (at right) with the older, much larger models (at left).

The Center for Reproductive Medicine offers the possibility of conception to many couples who have difficulties conceiving.

 For more information, call **438-4200** or visit www.infertilityalabama.com.

Tournament Drives Fundraising: The 16th annual Infirmary Foundation Golf Tournament brought in \$60,000. Proceeds from the tournament, held recently at TimberCreek Golf Club, assist the DeBakey drug education program, which educates fifth-grade students in southwest Alabama about the damaging effects of drugs and substance abuse.

Shown from left are Steve Dolan, chief information officer for AltaPointe Health Systems, Inc.; John White-Spunner, Infirmary Foundation, Mobile Infirmary Association and Infirmary Health System Boards; and Tuerk Schlesinger, CEO of AltaPointe Health Systems, Inc.



Photograph by Martha Davidson

Yoga Benefits Physically, Mentally and Spiritually

Salute the new year by adding yoga to your wellness program. Historically a spiritual discipline, the ancient practice proves to have wide-ranging medical and fitness benefits too.

People who practice yoga regularly swear by it for improving their physical, mental and emotional health. Yoga asanas (poses), deep-breathing techniques and meditation become an integral part of their daily lives. A consistent practice contributes to an overall sense of well-being with improved flexibility, strength and relaxation.

The image of a person's body twisted like a pretzel can be intimidating, and chanting may seem strange. Yet not everyone has to master all the poses, and most Western classes don't incorporate chanting. There are many types of yoga—from hatha, which primarily focuses on breath work and stretching, to bikram, performed in a 100+ degree studio.

All age groups, both men and women, can benefit from yoga.



Photograph by Martha Davidson

Augusta Kantra (front) teaches yoga at Thomas Hospital Health & Fitness. As a licensed counselor and therapist, she also incorporates yoga, relaxation and meditation into group therapy as a way of promoting balance and relieving stress.

Teenagers undergoing rapidly fluctuating hormones learn to balance their body chemistry with aggressive back bends, twists and inversions such as headstands. A gentle-flow class offers relief for women experiencing cramps and mood swings during menstruation. Seniors discover that weight-bearing poses help keep bones strong and joints functioning better.

"Yoga gets you out of the competitive place. It is about allowing,

not achieving," says Augusta Kantra, yoga instructor at Thomas Hospital Health & Fitness.

Studies also show significant therapeutic effects on medical conditions such as depression, asthma, anxiety, back pain, heart problems, insomnia, osteoporosis and sinusitis.

 **Yoga classes are offered at PRO Health and Thomas Hospital Health & Fitness. For more information on classes and schedules, call 435-BEST (435-2378).**



Take Your Health to Heart

Encouraging Americans to take action against cardiovascular diseases, Congress proclaims February as "American Heart Month." To help you stay healthier, Infirmary Health System offers the following heart check events.

"From Our Hearts to Yours" Women's Heart Check

Screenings include full cholesterol profile, blood sugar, blood pressure, bone density, and weight and body mass index measurements. Results are evaluated by a healthcare professional. \$20 for Women'sBest members; \$25 for non-members. Fee includes a pass to Exploreum during

February. Appointments required and limited. Call 435-3500.

Feb. 5, 7 to 9:30 a.m.
The Gulf Coast Exploreum, Mobile

"From Our Hearts to Yours" Women's Lunch and Learn

Richard Pearl, M.D., cardiologist, Diagnostic & Medical Clinic

Learn about the latest heart disease news and what it means for women. Reservations required. Heart-healthy lunch included with the \$6 fee. Call 435-3500.

Feb. 10, 11:30 a.m. to 1 p.m.
The Gulf Coast Exploreum, Mobile
(For more heart screenings and lectures, see page 14.)

"From Our Hearts to Yours" Heart Check

Screenings include blood sugar, blood pressure, body fat analysis, and weight and body mass index measurements. Free to the public.

Feb. 13, 9 to 11 a.m.
Bass Pro Shop, Spanish Fort

Mobile Infirmary Medical Center

Take Control of Your Health

Obesity affects millions of people, and many experience considerable health risks, including heart disease and stroke, high blood pressure, diabetes and certain types of cancer. Designated as the only Bariatric Surgery Center of Excellence in south Alabama, Mobile Infirmary Medical Center offers a weight-loss program to help patients take charge of their lives.

At 248 pounds, Natalie Hardegree—a wife, mother of two and elementary school teacher—had lost control of her weight and her health.

Hardly able to walk from the parking lot to the grocery store, Hardegree, 39 at the time, had reached a pivotal moment in her life.

"That was the turning point for me," she recalls. "I had already been diagnosed with arrhythmia, a rapid heartbeat condition; high cholesterol; and sleep apnea. I realized no matter how much I dieted or exercised, I couldn't seem to lose the weight."

She and her husband began researching bariatric surgery. He chose to have surgery in 2007. Speaking with Steve Weinstein, M.D., bariatric medical director at Mobile Infirmary, Hardegree learned

she was also a good candidate and decided to undergo the procedure.

"I remind patients that weight-loss surgery is a tool to help them lead a healthier lifestyle," Dr. Weinstein says.

Hardegree has lost 140 pounds since her surgery. Her experience became a family project. Eating healthy and exercising are part of their new daily regimen.

Along with the weight loss, she also significantly reduced her health problems. She no longer takes medication for high cholesterol; her heart medication has been significantly decreased; and she finally experiences a good night's sleep.

"It was a hard journey, but with the help of Dr. Weinstein and his staff, I'll be around a lot longer for my kids."

For people who undergo bariatric surgery, as well as those who are



Celebrating Her (New) Self:

Natalie Hardegree is starting her life over again after bariatric surgery.



considering weight-loss procedures, Mobile Infirmary hosts monthly support groups on the second Thursday of every month from 6 to 7 p.m.

For more information about bariatric surgery or the support group, call 435-6495.

Could Weight-Loss Surgery be Right for You?

You are a candidate for weight-loss surgery if you:

- Are 18 years or older;
- Have a body mass index (BMI) over 40 or have a BMI over 35 and are experiencing negative health problems related to obesity, such as high blood pressure or diabetes;
- Are unable to achieve a healthy body weight for a sustained period of time;
- Are willing to participate in follow-up care and bariatric support group meetings.

New Option for Surgery

Mobile Infirmary Medical Center now uses gastric sleeve resection as an option for bariatric surgery. The gastric sleeve procedure is typically considered

as a treatment option for patients with a BMI of 35 or higher. During the procedure, the surgeon creates a small, sleeve-shaped stomach to restrict food intake.

Mobile Infirmary Bariatric Surgeons

- Christopher H. Dyas, M.D.
- Joseph W. Galloway, M.D.
- Jeffrey Hannon, M.D.
- Jeffrey J. Ickler, M.D.
- Daniel Lane, M.D.
- Forrest Ringold, M.D.
- Steve Weinstein, M.D.



For more information about our bariatric physicians or the program, visit our website at www.mobileinfirmary.org/bariatriccenter.



Heart Patients Recover With Exercise and Education

At Infirmary Health System, treatment of heart disease goes beyond surgery. Patients who undergo coronary artery bypass or angioplasty or have had a heart attack also require special rehabilitation programs afterwards.

Infirmary Health System offers state-of-the-art cardiac rehabilitation programs in both Mobile and Baldwin counties. Operation Bounce-Back, located at Mobile Infirmary Medical Center, and The Thomas Hospital Foundation's Cardiac Health and Rehab Center in Fairhope provide medically supervised exercise and education programs for patients recovering from heart-related problems or surgery.

Participation in both programs requires a physician referral and usually begins two to four weeks after a heart attack or six to eight weeks after surgery. The cost of rehab programs may be covered by Medicare and insurance. Contact your individual provider for coverage information.

Operation Bounce-Back

As one of the first cardiac rehab programs in Alabama, Operation Bounce-Back has become one of the largest in the nation. For more than 30 years, it has provided people in the community with education and patients with a safe environment to recover from heart-related issues.

Started in 1978 by local cardiologists Martin Lester, M.D., Gary

Rich, M.D., and Irving Koffler, M.D., the program provided innovative treatment options at a time when conventional treatments consisted primarily of extended rest and little activity, which yielded less-than-satisfactory results.

As the program grew more successful, it moved in 1989 from its original location at the University of South Alabama gymnasium to a new facility at Mobile Infirmary's PRO Health Fitness and Rehabilitation Center, where it remains today.

As demand for the program continues to grow, so does the need for updated equipment and space.

"Through generous donations from The Infirmary Foundation and the E.A. Roberts and Belle Roberts trusts, PRO Health has undergone extensive renovations," says Romie Asher, director of fitness and cardiac rehabilitation for the System.

"The changes now allow Bounce-Back participants the use of weight machines and a new multi-purpose room for group classes, as well as continued access to the track and Olympic-size pool."

 For more information on Operation Bounce-Back, call **435-5157**.

The Thomas Hospital Foundation's Cardiac Health and Rehab Center

Thomas Hospital's cardiac rehabilitation program, which began in 1989, is part of a full-service heart center that for the past four years has earned the distinction of being named

one of Thomson Reuters Top 100 Cardiovascular Hospitals in the nation.

Through fundraising efforts by The Thomas Hospital Foundation, the new Cardiac Health and Rehab Center opened its doors in 2008. The 5,000-square-foot facility allows participants to be closely monitored by experienced staff and physicians while having access to a full range of exercise equipment and educational classes.



The hospital's 12-week rehab program helps patients ease slowly into more independent exercise. After that initial period, they are encouraged to participate indefinitely in the facility's maintenance program for a monthly membership fee.

"When I first started, it took me forever just to walk half a mile. Now I have an iPod and pretty much dance on the treadmill," says member Mary Laseau. "I love it here and come at least four times a week. The staff is a wonderful group of professionals and always makes exercising enjoyable. It is very comforting for them to be so attentive to all of us."

 For more information on Thomas Hospital's Cardiac Rehab program, call **279-1697**.

Having Trouble Catching Your ZZZs?

“Roll over, honey.” Is that a phrase you use every night, hoping that the snores at your side will stop so you can rest?

As many as 40 percent of adults snore. Not only is it annoying, but not getting enough sleep is also harmful for your health. Lack of sleep is often associated with the onset of diabetes, obesity, cardiovascular disease and depression.

Sleep center physicians with Infirmary Health System specialize in diagnosing and treating patients with sleep-related problems. The three facilities—Mobile Infirmary Sleep Disorders Center, Thomas Hospital Sleep Services and Infirmary West Sleep Disorders Center—are all accredited by the American Academy of Sleep Medicine.

For years, Mobile resident Jackie Brown and her husband, Onrie, both suffered from sleep apnea, a disorder characterized by frequent pauses in breathing.

“Before I was diagnosed with a sleep disorder, I would lie awake and hear my husband snoring loudly. He would also stop breathing for long periods of time,” Brown says.

After experiencing weight gain, Brown soon found herself snoring and eventually decided to have a sleep study, which indicated she also had sleep apnea.

Symptoms of sleep apnea often



include snoring, feeling tired or sleepy during the daytime, high blood pressure or other cardiovascular problems, and waking multiple times during the night.

“The most common sleep disorder is obstructive sleep apnea,” explains Cynthia Crowder, M.D., medical director of the Mobile Infirmary Sleep Disorders Center. “We conduct 1,200 sleep studies annually, and 95 percent of those diagnosed with sleep apnea are treated with a CPAP machine.”

The CPAP machine works by pushing air through a tube, which is connected to a face mask covering the mouth and nose.

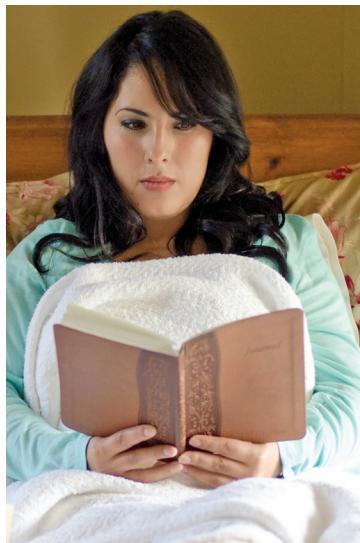
What Happens During a Sleep Evaluation?

Patients who undergo a sleep evaluation spend the night in the lab and are connected by electronic leads to a computer. While the patient sleeps, a technician monitors graphs on the computer screen throughout the night. Dene McCoy, assistant director of neurology pulmonary and sleep services at Thomas Hospital, says that in order to make patients feel more at home, the sleep lab rooms are set up like comfortable hotel rooms, complete with private baths and cable television.

Children and Sleep Problems

The Sleep Disorders Center at Infirmary West is the only center that treats sleep problems in children. “We see 100 to 200 children each year,” says William A. Broughton, M.D., board-certified sleep specialist and medical director of the sleep lab.

Sleep problems in children include sleep apnea (often caused by enlarged tonsils or excess weight), loud snoring, teeth grinding, frequent nighttime urination or a return of bedwetting, daytime sleepiness or difficulty paying attention, sleepwalking, night terrors, and disturbances in the sleep schedule.



When Counting Sheep Just Isn't Enough...

If you’re having trouble sleeping, call an Infirmary Health System sleep center today:

**Mobile Infirmary Sleep Disorders Center
435-5559**

**Thomas Hospital Sleep Services
279-1940**

**Infirmary West Sleep Disorders Center
660-5757**

Get Well



Mobile Infirmary Medical Center

Information or reservations:
435-3500 or infirmaryevents@infirmaryhealth.org.

Community Events

Blood Pressure and Blood Sugar Screening

Free and open to the public.
Appointments required;
fasting not required.
• Feb. 9, 10 to 11 a.m.
• March 9, 10 to 11 a.m.
PRO Health Fitness

Bone Density Screening

Ultrasound measurement
of the heel bone. Appointments
required. Free to *InfirmarySENIORS*,
Women's Best and PRO
Health members, \$5 for
non-members.
Feb. 18, 9:30 to 11:30 a.m.
PRO Health Fitness

InfirmarySENIORS: Fabulous After 55

Health and wellness
information for people over
55. Participants have access
to health screenings and the
Exploreum's health gallery.
Sessions include:
• Laughter for the Health
of It • Benefits of Massage
Therapy • Supermarket
Savvy Shopper • Healthy
Meal Planning and Cooking
Demonstration. Lunch will

be served; conference fee
is \$10.

March 8, 8:30 a.m. to 2 p.m.
The Gulf Coast Exploreum

Support Groups

Bariatric Support

Monthly, second Thursday,
6 p.m.; call 435-6495.
Mobile Infirmary Auditorium

Cancer Support

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

Alzheimer's Disease

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

Infirmary West

Information or reservations:
435-3500 or infirmaryevents@infirmaryhealth.org.

Community Events

Bone Density Screening

Free and open to the public.
Appointments required.
Jan. 28, March 11, 9 to
11 a.m.
Infirmary West Lobby

From Our Hearts to Yours

Clara Massey,
M.D., cardiologist, presents

information to help women
take control of their own
heart health. Free blood
pressure screenings. Lunch
\$5 or bring your own.
Registration required.

Feb. 24, 11:30 a.m. to 1 p.m.
Infirmary West Auditorium

Blood Pressure and Blood Sugar Screening

Free and open to the public.
Appointments required;
fasting not required.
March 11, 9 to 10 a.m.
Infirmary West Lobby

Diabetes Alert Day

Blood sugar screening.
Appointments required;
fasting recommended.
March 23, 8:30 to 10:30 a.m.
Infirmary West, West Tower
Lobby

My Achy Breaky Back

Clinton Howard,
M.D., orthopedic
spinal surgeon, discusses
pain—its sources, causes
and preventive solutions.
Registration required. Lunch
courtesy of Medtronic.

March 23, 11:30 a.m. to 1 p.m.
Infirmary West Auditorium

To receive our monthly
electronic newsletter of
"Get Well" events, send
your e-mail address
to infirmaryevents@
infirmaryhealth.org or call
435-BEST (435-2378).

Thomas Hospital

Information or reservations:
279-4008 or infirmaryevents@
infirmaryhealth.org.

Community Events

Strengthen & Stretch

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

Low-Impact Aerobics

Free for Seniors'Best
members. Call 928-2835.
Tuesdays and Thursdays,
9 a.m.

Seniors'Best New Year's Celebration

Limited seating. Tickets
(\$5 per person) must be
purchased by Jan. 15 and
are available at the Thomas
Hospital Health Resource
Center.
Jan. 20, 2 p.m.
James P. Nix Center

Blood Sugar Screenings

Free, Seniors'Best members;
fasting not required.
• Jan. 25, 9 to 10 a.m.
• Feb. 22, 9 to 10 a.m.
• March 22, 9 to 10 a.m.
Thomas Hospital Health
Resource Center

Heart Check

EKG, full cholesterol profile,
blood sugar and blood

pressure screenings, and weight measurements. \$40 for Seniors'Best or Health & Fitness members; \$50 for non-members (checks and cash accepted).

Appointments required.

- Jan. 26, 7:30 to 9 a.m.
- March 23, 7:30 to 9 a.m.

Thomas Wellness Center

My Dear Heart

Brian Dearing, M.D., Cardiology Associates. Call 928-2835.

Feb. 10, 10 a.m.

James P. Nix Center

"From Our Hearts to Yours" Women's Heart Check

Full cholesterol profile, blood sugar and blood pressure screenings, bone density screenings, and weight and body mass index measurements. \$20 for Women'sBest or Thomas Health & Fitness members; \$25 for non-members. Appointments required. Feb. 23, 7:30 to 10 a.m. Thomas Wellness Center

Health of My Heart

Michael Pursley, M.D., Heart Group of the Eastern Shore. Feb. 24, 1 p.m. Thomas Wellness Center

Look Good... Feel Better

A free program for women undergoing cancer treatment. Call 928-8650.

March 15, 10:30 a.m. Thomas Hospital Health Resource Center

Thyroid Screening

\$15 for Seniors'Best, Women'sBest or Health & Fitness members; \$20 for non-members. Appointments required.

March 23, 7:30 to 9 a.m.

Thomas Wellness Center

Eyelids Need a Lift?

Mark Brown, M.D., Vision Partners. Reservations required.

March 25, 1 p.m. Thomas Medical Center

Quarterly Travel Program

Springdale Travel presents information on the Canadian Rockies. Refreshments served; reservations required. March 26, 10 a.m.

Thomas Hospital Health Resource Center

Support Groups

For information, call 279-4008 unless otherwise noted.

Alcoholics Anonymous and Al-Anon Meetings

800-477-1104

Wednesdays, 7 p.m.

The Harbor at Thomas Hospital

Al-Ateen Meeting

391-1152 or 639-5858

Wednesdays, 7 p.m.

Thomas East Tower meeting room

ALS Support Group

Monthly, second Thursday, 11 a.m.

Thomas Medical Center

Alzheimer's Disease

Monthly, first Wednesday, 10:30 a.m.

Thomas Medical Center

Fibromyalgia

Monthly, second Tuesday, 10:30 a.m.

Thomas Medical Center

Medi Weightloss

Monthly, third Wednesday, noon

Thomas Hospital

Medi Weightloss office

Multiple Sclerosis (MS)

Monthly, second Wednesday, 5:30 p.m.

Thomas Wellness Center

National Alliance on Mental Illness (NAMI)

Thursdays, 6:30 p.m.

The Harbor at

Thomas Hospital

Parkinson's Disease

Monthly, third Tuesday, noon

Thomas Medical Center

Traumatic Brain Injury and Spinal Cord

Monthly, first Thursday, 10 a.m.

Thomas Medical Center

North Baldwin Infirmary

Information or reservations:

580-1715 or infirmaryevents@infirmaryhealth.org.

Community Events

"From Our Hearts to Yours" Women's Heart Check

Full cholesterol profile, blood sugar and blood

pressure screenings, BMI and body fat analysis, oxygen saturation checks and bone density tests. Seminars on new trends for staying healthy.

Fasting recommended; appointments required. Refreshments served.

Feb. 4, 9 a.m. to 1 p.m.

North Baldwin Infirmary Wellness Center

Men's Health Night: The Best Move You Can Make

Attendees learn how to control diabetes and prevent heart disease and stroke. Free blood sugar and blood pressure screenings as well as body fat analysis. Women who bring the special man in their life receive a door prize.

March 2, 6 to 7 p.m.

North Baldwin Infirmary Wellness Center

Support Group

Parkinson's Disease

Monthly, fourth Tuesday, 10 a.m.; call 937-7330.

North Baldwin Infirmary Wellness Center

Infirmary SENIORS and Seniors'Best Day Trips

For information or

reservations, call

279-4008 or e-mail

infirmaryevents@infirmaryhealth.org.

Foley Fun Day

Jan. 21, 9 a.m. to 4 p.m.; lunch at Hotel Magnolia

Historic Atmore and Wind Creek Casino

Tour of town followed by lunch at the casino.

Feb. 23, 9 a.m. to 4 p.m.

Nottoway Plantation, Great River Road, La.

March 30, 8 a.m. to 7 p.m.



Photograph courtesy of Nottoway Plantation



Our Mission is LIFE
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Infirmary West

Meet Our Physicians



Cynthia R. Crowder, M.D.,

internal medicine

Diagnostic & Medical Clinic
435-1200

www.diagnosticandmedical.com

Dr. Crowder received her medical degree from the University of Kansas Medical Center and completed her internship and residency at Tulane University Medical Center. She held fellowships in pulmonary and critical care medicine at Tulane University Medical Center and in sleep medicine at the University of Texas Southwestern Medical Center.



Daran J. Mason, M.D.,

general surgery

Surgical Specialist
660-5589

www.infirmarywest.org

Dr. Mason received his medical degree from American University of the Caribbean and completed his general surgical residency at the University of South Alabama's College of Medicine and USA Medical Center.



Ozgur Oztas, M.D., neurology

Diagnostic & Medical Clinic

435-1200

www.diagnosticandmedical.com

Dr. Oztas received a medical degree from Ankara School of Medicine in Ankara, Turkey, and completed his residency training at Uludag University in Bursa, Turkey, and the University of South Alabama.



R. Clifton Knizley, M.D.,

pulmonology

Diagnostic & Medical Clinic
435-1200

www.diagnosticandmedical.com

Dr. Knizley received his medical degree from the University of South Alabama College of Medicine. He completed his internal medicine internship and residency at Ochsner Clinic Foundation. He completed a second internal medicine residency and a pulmonary/critical care fellowship at the University of South Alabama.



Barbara C. Mitchell, M.D.,

internal medicine

Diagnostic & Medical Clinic
435-1200

www.diagnosticandmedical.com

Dr. Mitchell received her medical degree from the University of South Alabama College of Medicine. She completed an internship and residency in internal medicine at the University of South Alabama Department of Internal Medicine.



Robert E. Percy, M.D.,

internal medicine, pulmonology

Diagnostic & Medical Clinic

435-1200

www.diagnosticandmedical.com

Dr. Percy received his medical degree from the University of South Alabama College of Medicine, where he also completed his residency training.