Blue Cross and Blue Shield of Alabama has designated DCH Regional Medical Center as a Blue Distinction Center for Cardiac Care.

“Blue Distinction puts a high value on research and evidence-based health and medical information,” said Allan Korn, MD, Blue Cross and Blue Shield Association chief medical officer.

“Blue Distinction Centers show our commitment to working with doctors and hospitals in communities across the country to identify leading institutions that meet clinically validated quality standards and deliver better overall outcomes in patient care.”

To be designated as a Blue Distinction Center for Cardiac Care, the Regional Medical Center met criteria related to experience, quality and patient outcomes. Hospitals must have:

● An established cardiac care program performing a required number of procedures a year.
● A cardiac team with appropriate levels of experience, including subspecialty board certification for interventional cardiologists and cardiac surgeons.
● An established acute care inpatient facility, including intensive care, emergency care and a full range of cardiac services.
● A full facility accreditation by The Joint Commission.
● Overall low complication and mortality rates.
● A comprehensive quality management program.

The Regional Medical Center met the requirements with its array of comprehensive cardiac care services—including an emergency department, inpatient cardiac care, cardiac rehabilitation, cardiac catheterization and cardiac surgery (including coronary artery bypass graft surgery).

Note: Designation as Blue Distinction Centers means these facilities' overall experience and aggregate data met objective criteria established in collaboration with expert recommendations from clinicians and leading professional organizations. Individual outcomes may vary. To find out which services are covered under your policy at any facility, please call your local Blue Cross and Blue Shield plan.

In the newly renovated and expanded Cardiology Department at DCH Regional Medical Center, an experienced team of professionals can determine a problem with your heart and how to treat it.

With the expansion and renovation, the Cardiology Department has progressed to offer more efficient cardiac services for area residents,” said Dr. William A. Hill Jr., Cardiologist.

Among its new features is an 18-bed area, where patients are prepared for procedures and recover afterwards. A well-appointed, spacious waiting room—funded by proceeds from the 2007 Lucy Jordan Ball—offers convenience and privacy for family members who accompany patients.

The Cardiology Department now has four cardiac catheterization laboratories. Cardiac catheterization is a procedure to obtain diagnostic information about the heart or its blood vessels or to provide treatment for certain types of heart conditions.

Procedure rooms for cardiac tests such as stress tests and echocardiograms were also renovated.

“The practice of cardiology requires special equipment and expertise, and we have these in the Cardiology Department at DCH Regional Medical Center,” said Dr. Warren H. Holley, Cardiologist.

For more information about DCH’s Cardiac Services, go to www.dchsystem.com/heart and click on “Centers of Excellence.”

Note: Designation as Blue Distinction Centers means these facilities' overall experience and aggregate data met objective criteria established in collaboration with expert recommendations from clinicians and leading professional organizations. Individual outcomes may vary. To find out which services are covered under your policy at any facility, please call your local Blue Cross and Blue Shield plan.
West Alabama students receive $28,000 in scholarships

The DCH Foundation, Inc., awarded $28,000 in DCH Health System scholarships to area students pursuing careers in health care during the 2010–2011 school year.

Scholarship recipients include:
- Boligee: Brittany Shanta Hood.
- Brent: Halie Denice Foley.
- Brookwood: Candace Michelle Williams.
- Fayette: Hillary Paige Lowery and Tara Michelle Shirley.
- Millport: Sicara Charae Taylor.
- Northport: Valerie L. Barnes, Erica Skye Minor and Gathon Paul Moore.
- Reform: Adrian Delone Spruill.

The scholarships were made possible through community donors and the DCH Volunteer Auxiliary. To contribute to the DCH Foundation and its many programs, call 205-759-7349 or go to www.supportdch.org.

Reducing our carbon footprint

DCH Regional Medical Center is reducing carbon emissions by using reusable sharps containers, which prevents a significant amount of cardboard and plastic from going to the landfill each year.

A sharps container is a container that is filled with used medical needles and other sharp medical instruments. The Regional Medical Center has replaced 1,100 disposable containers with reusable containers that are robotically emptied before the container is sterilized and returned.

The Bio Systems reusable containers by Stericycle keep an average of 600 disposable sharps containers from going to the landfill for each reusable container used with this system. According to Stericycle, the Regional Medical Center diverted 38,421 pounds of carbon dioxide from 64,753 pounds of plastic and 5,002 pounds of cardboard from the landfill in 2009. This is equivalent to not burning 1,978 gallons of gas or 727 propane cylinders.

Whether hospitals choose to use disposable or reusable sharps containers, government regulations require the waste to be properly segregated and disposed of. Disposable containers end up in landfills.

Hospital green teams, such as the one at the Regional Medical Center, are exploring ways to reduce waste.

“We expect the Stericycle’s reusable containers to cut our medical waste stream by about 20 percent,” said Donna Marrero, Vice President of Outpatient/Ancillary Services for the DCH Health System and Chairwoman of its green team. “This is just another initiative, along with recycling and reducing the use of cleaning chemicals, to reduce our impact on the environment.”

Green efforts earn 2009 Healthy Hospital System Award

The DCH Health System was recognized for its efforts to reduce supply costs and medical waste. Ascent Healthcare Solutions, a Phoenix-based medical device manufacturer that promotes environmentally friendly practices in hospitals, gave its 2009 Healthy Hospital System Award to Northport Medical Center and DCH Regional Medical Center. Both hospitals participated in a program that reduced medical waste by more than 24,000 pounds and reduced supply costs by almost $224,000.

E-mail hospitalized patients for free

The CareMail e-mail service makes it convenient and easy for friends and family to send greetings to patients at DCH hospitals.

At www.dchsystem.com, just click on the CareMail logo to access the e-mail service. Messages are sent directly from the DCH website to a special mailbox. The DCH staff involved in this new service handles messages confidentially to ensure the privacy of both the e-mail senders and the patients who receive the messages.

Also on the DCH website: Career Resources Career Resources is an online resource that includes links to a number of websites related to health care careers and their educational requirements. Career Resources provides a listing of the variety of jobs throughout the DCH Health System, a short summary of job duties and links to career-oriented websites that provide additional details. You can access Career Resources at www.dchsystem.com/careerresources.
Throughout the year, the DCH Health System recognizes employees from its hospitals in Tuscaloosa, Northport, Fayette and Carrollton for excellence on the job.

“These employees are role models for each of us in the outstanding way that they go about their jobs caring for patients and working with other employees,” said Bryan Kindred, President/CEO of the Health System.

The employees were nominated by their peers to receive recognition awards based on outstanding job performance, attitude, dependability, and dedication to the mission of the Health System and its patients and employees.

**DCH Regional Medical Center.** Walter Steeves and Janice Walker were the recipients of the Excellence Award for the second quarter of 2010.

Mr. Steeves is a Laboratory Performance Improvement and Compliance Coordinator and has been employed at the Regional Medical Center since 1995. Ms. Walker is a Licensed Practical Nurse and has been employed at the Regional Medical Center since 1988.

Guy Bender and Martha Snipes were the recipients of the Excellence Award for the third quarter of 2010.

Mr. Bender is a Certified Registered Nurse Anesthetist in the Anesthesia Department and has been employed at the Regional Medical Center since 1990. Ms. Snipes is an Echocardiographer in the Cardiology Department and has been with the Regional Medical Center since 1999.

**Northport Medical Center.** Wanda Moore and John Sunderman were the latest recipients of the Employee of Excellence Award.

Mr. Allgood is a Registered Radiologic Technologist in the Radiology Department and has been employed at Northport since 2001. Mr. Sunderman is an Operating Room Technician in the Surgery Department and has been at Northport since 2001.

**Fayette Medical Center.** Wanda Moore, Administrative Assistant in Nursing Service, was the recipient of the Employee of Excellence Award for the third quarter of 2010. She has been employed at Fayette Medical Center since 1976.

**Pickens County Medical Center.** Helen Henley was selected as the Employee of Excellence Award recipient for the first quarter of 2010. She is a Cook in Nutritional Services and has been employed at PCMC since 1991.

Bryan N. Kindred, FACHE, President/CEO of the DCH Health System, was recently named Chairman-Elect of the Alabama Hospital Association at its annual meeting.

“We are extremely pleased to have someone as dedicated as Mr. Kindred in line for the chairman’s office,” said J. Michael Horsley, FACHE, AlaHA president. “He has held numerous leadership positions with the association, including serving as a Council President, Board Member and, most recently, our Secretary-Treasurer.”

Mr. Kindred began working at DCH Regional Medical Center as an Associate Administrator in 1985 and, through a series of promotions, was named President/CEO of the Health System in 1996. In addition to his work with AlaHA, Mr. Kindred serves as Chairman of the VHA Southeast board of directors and executive committee and as a Board Member of Coastal Risk Retention Group Inc.

AlaHA, based in Montgomery, is a statewide trade organization that represents more than 100 hospitals and numerous other health care providers.
Tuscaloosa civic leaders honored for breast cancer efforts

Sarah Patterson, head gymnastics coach and associate athletic director for The University of Alabama, and David DeSantis, co-owner and general manager of Tuscaloosa Toyota, are the recipients of the Alabama Hospital Association’s Special Citation Award.

“Coach Patterson and Mr. DeSantis are individuals who truly care about the health of our citizens, especially women, and the battle against breast cancer,” said J. Michael Horsley, FACHE, AlaHA president. “They were instrumental in increasing cancer awareness and access to health care among women, particularly in the Tuscaloosa area.”

In collaboration with the DCH Foundation, Inc., Ms. Patterson and Mr. DeSantis created the DCH Breast Cancer Fund, which provides education about early breast cancer detection and pays for diagnostic tests for women with little or no insurance.

Ms. Patterson created the Power of Pink initiative, the centerpiece of the Drive 4 the Cause gymnastics meets, of which Mr. DeSantis is a sponsor.

Through their partnership, more than $850,000 has been raised for the DCH Breast Cancer Fund and almost 1,200 women have received breast cancer screenings.

Special event for Latina women The DCH Breast Cancer Fund is supporting an evening of free clinical breast cancer screenings for Latina women in West Alabama on Monday, Oct. 25, starting at 5 p.m. at the DCH Cancer Center. Qualified women will learn how to do a breast self-exam, be examined by a health care professional and receive a coupon for a free digital mammogram at DCH Regional Medical Center.

To make an appointment for the screening, call 205-343-8493.

New treatment takes aim at skin cancer

The DCH Cancer Center has added another weapon to its cancer treatment arsenal. A new treatment for nonmelanoma skin cancer was done for the first time this past summer at the Cancer Center.

A machine called the Axxent Electronic Brachytherapy System (eBx)—made by Xoft Inc.—delivers nonradioactive, electronic radiation therapy directly to cancer sites while sparing nearby normal tissue by using a miniature X-ray source.

“Patients with nonmelanoma cancer sites on their head and neck are ideal candidates for the new treatment,” said Dr. Curtis Tucker, Radiation Oncologist at the Cancer Center.

Targeting tumors Skin cancer is the most common cancer in the United States, with more than 1 million people diagnosed and more than 10,000 deaths each year, according to the National Cancer Institute. If diagnosed and treated early, most cases of skin cancer can be cured. Nonmelanoma skin cancers, such as basal cell carcinoma and squamous cell carcinoma, represent the majority of all new cases.

With the eBx system, a radiation oncologist uses a surface applicator that’s guided directly to a tumor, where it delivers direct electronic radiation.

Patients being treated by the eBx system typically have to make fewer visits to the Cancer Center compared with the number of visits needed when using conventional radiation treatments.

Beyond skin cancer The Cancer Center also uses the eBx for treating early-stage breast cancer. Women who qualify for this therapy also have shorter treatment times.

If you’ve been diagnosed with a nonmelanoma skin cancer, ask your physician if you’re a candidate for the eBx nonsurgical treatment.

Go to www.dchsystem.com/cancer for more information about the Cancer Center and its services.
**DIABETES**

**AFTER YOUR DIAGNOSIS**

Managing diabetes requires work, but it’s doable

**YOU'VE JUST LEARNED** that you’re one of the 23.6 million people in the United States who have diabetes. Now what?

"Of all the diseases to have, diabetes is the only disease that a person can learn how to manage," DCH Diabetes Center Manager Debrah Fisher said. “Education is one of the weapons in the armory for the management of diabetes.”

Ms. Fisher, a master's level registered nurse, was named manager of the DCH Diabetes Center in June. She has worked as a nurse and a nurse educator at DCH and other area institutions since 1988.

**HERE TO HELP YOU GAIN CONTROL**

“The staff at the DCH Diabetes Center is here to teach the tools of management,” Ms. Fisher said. “Persons with diabetes need to understand the importance of healthy eating and exercising to help control diabetes.”

In addition to Ms. Fisher, the DCH Diabetes Center staff includes Melissa Viehe, RD, LD, CDE; Susan Saylor, EdD, RD; Pat Clements, MSN, RN, CDE; Alfrida Hobson, RN; and Genie Elliott and Gwen Pate, Registrars.

The staff conducts educational sessions on topics such as:

- **Introduction to Diabetes for the Newly Diagnosed**
- **Stepping Toward Control**—a refresher course for people with diabetes.
- **Gestational Diabetes**—a class for pregnant women to help them have healthy pregnancies and learn how their lifestyle affects their baby.

“We’re developing a new class called ‘Increased Risk for Diabetes,’” Ms. Fisher said. “This class will be for people who are ‘borderline’ but do not have diabetes yet. We will teach prevention and stress in controlling their diabetes,” Ms. Fisher said.

**TURN TO THE DCH DIABETES CENTER**

The DCH Diabetes Center is here to encourage people with diabetes to learn more about their disease.

The cost of services at the DCH Diabetes Center is covered by Medicare, BlueCross and Blue Shield, and most other health insurance plans.

To schedule an appointment, simply request a referral from your physician, or call 205-750-5260 for more information.

**7 TIPS FOR MANAGING DIABETES**

The American Diabetes Association (ADA) offers this advice for keeping your diabetes under control:

1. **Turn fear into action.** Too many people get their diagnosis and become paralyzed by fear. Recognizing that you may have lifestyle habits that need to change is one of the first steps to changing them.
2. **Gather information.** Diabetes is a very complicated disease. Understanding it will take time.
3. **Work with your health care team.** In addition to your physician, consider working with a certified diabetes educator or another specialist trained to work with people with diabetes. Many patients must learn how to monitor blood sugar and take medications.
4. **Shed pounds.** Most people with diabetes are overweight. If you’re carrying too many pounds, losing weight will help you better manage your disease.
5. **Begin an exercise program.**
6. **Set goals and reach them.** The good news is that big goals can be broken into smaller, less overwhelming ones. For instance, this month, learn about healthy breakfasts; next month, tackle healthy snacks.
7. **Take action.** It’s up to you to follow through with your own self-care program.

The ADA is also a reliable source of information. Visit the ADA’s website at www.diabetes.org, which offers recipes, tips, links to other trustworthy sites and simple-to-understand information about diabetes. It’s important to learn as much as you can about the disease.
GETTING AROUND THE GROCERY STORE

Tips for navigating your way to good eats

Standing at the entrance of the grocery store, cart in place, you’re determined to shop healthy, but you’re not sure where to start. Does this sound like you?

“Being health-conscious can be a great challenge,” said Cindy J. Huggins, Registered Dietitian and Licensed Dietitian in the Nutritional Services Department at DCH Regional Medical Center. “It’s easy to be confused about what is a healthy food item.

“At one time, food was valued for what it did not have, such as high calories or high fat,” Ms. Huggins said. “Now we are learning to appreciate what food does have—minerals, vitamins, fiber, protein and more.”

Smart shopping does not have to be difficult or time-consuming.

“It starts with learning how to navigate through the grocery store and how to pick out good, nutrient-rich foods,” Ms. Huggins said.

SHOP AROUND THE PERIMETER “Our whole way of eating is structured around the outside aisle of the grocery store,” Ms. Huggins said.

High-fiber, low-calorie fruits and vegetables; whole-wheat baked goods; fresh, lean meats; and low-fat dairy products line the outside of the market.

The U.S. Department of Agriculture’s Dietary Guidelines break food down into five basic food groups—meats and beans, grains, vegetables, fruits and milk.

“You can see the resemblance between the perimeter of the grocery store and the five basic food groups,” Ms. Huggins said. “You can find everything your body needs by keeping to the outer edge of the grocery store.”

CHECK OUT THE PRODUCE SECTION One vegetable alone is not rich in all nutrients. Each fruit or vegetable has a variety of beneficial nutrients, including antioxidants, vitamins and minerals.

“Fiber is a nutrient of which the average American only consumes about half of the recommended intake,” Ms. Huggins said. “Fiber is a nutrient of which the average American only consumes about half of the recommended intake.”

High-fiber diets have been linked to decreased risk of cardiovascular disease, cancer prevention and even weight loss, according to the USDA. Produce that is high in fiber includes broccoli, lima beans, lentils, raspberries and blackberries.

TEMPTATIONS IN THE BAKERY SECTION “The sweet bakery smells alone can be hypnotizing, and we may be tempted to buy as soon as we see that big, fluffy, fresh-baked bread,” Ms. Huggins said. “Most of the breads and other baked goods are refined grains—simply put, more sugar, more calories and fewer nutrients.”

This is when food label reading comes in.

“Be aware of the serving size at the top of the nutrition facts label,” Ms. Huggins said. “For example, one slice of bread is considered one serving. A serving of cake is a two-by-two inch square.

“Scroll down the food label to find the ingredients, and if the first ingredient in the bread is not whole wheat, place the item back on the shelf,” Ms. Huggins suggested. “Do not be fooled by products that read ‘100 percent wheat.’ If the word whole is not in front of wheat or grain on the ingredients list, then it does not count as whole-wheat bread. Without the whole grain intact, nutrients are lost.”

MEAT COUNTER Keep in mind that it’s all about the quality of the meat. While meat provides the body with protein, which builds muscle and repairs tissue, some meats have higher amounts of sodium and fat.

“Most of the red meats consist of saturated fats that can ultimately build up in the body and increase your risk of heart attack and stroke,” Ms. Huggins said.

She suggested that when you’re shopping, you should add chicken without skin, turkey, lean beef or fish.

“Sausage, duck, liver and bacon need to be eaten in moderation, and limit red meats to only one to two servings per week,” Ms. Huggins said.

DAIRY SECTION USDA Dietary Guidelines recommend two to three cups of low-fat or fat-free dairy products a day. These products are rich in calcium and promote healthy bones and teeth.

“Since dairy products can be very high in fat, you should buy milk, cheese and yogurt that are low-fat or fat-free,” Ms. Huggins said. “Low-fat is less then 3 grams per serving, and fat-free is less than 0.5 grams per serving.”

WORKING YOUR WAY THROUGH THE AISLES Products that are not displayed along the perimeter of the grocery store can be beneficial, too. Fiber, for example, can be found not only in the produce and bakery sections but also in the cereal aisle.

“To get an excellent source of fiber, the food label should read greater than 5 grams of fiber per serving,” Ms. Huggins said. “Don’t be fooled by the front cover that reads, ‘No trans fat.’ Always check the food labels for hidden ingredients. Trans fat can be identified in the ingredients as ‘hydrogenated oils.’”

Healthy grocery shopping can be done by simply remembering the following:

● Stick to the perimeter of the store whenever possible.
● Always check food labels for nutrition content, and read the ingredients.
● Avoid over-processed food items that run high in sodium and trans fats.

To learn more about the power of good nutrition, join us for our “Staying Strong—Nutrition Can Make a Difference” class. For details, see page 8.
DANCING FOR JOY

After stroke, teen gets back on his feet thanks to DCH Rehabilitation Services

Zoe Michael was an active 11th-grader, enjoying class work, school activities, sports and step dancing, when a stroke left him with a weak right side, poor balance and coordination deficits.

Zoe’s mother, Gloria Michael, remembers the tragic news she received about her son. “The doctors told us he may never walk again, and that is so hard for any parent to imagine living through,” she said. “We did not tell Zoe; we just wanted to stay positive.”

After almost a month in Children’s Hospital in Birmingham, Zoe went home. He walked with a quad cane, and he had to have someone close by to make sure he didn’t fall and injure himself.

ONE STEP AT A TIME  “When Zoe started therapy in the Outpatient Rehabilitation Program at the DCH Rehabilitation Pavilion, he still had great balance impairments and could not walk with a normal gait pattern,” said Melinda Wheeler, Physical Therapist at the Rehabilitation Pavilion. “His main goals were to return to school and to the dancing he loved.”

After months of rehabilitation therapy, Zoe was able to walk out of the therapy area without a cane or help from his family. He was able to run on a treadmill, jump and start working on his step routines again.

ENGAGING PATIENTS WITH VIDEO GAMES  During his outpatient physical therapy, Zoe often used the Wii game system to aid in his recovery.

“Zoe was an extraordinarily motivated and cooperative patient,” Ms. Wheeler said. “Having the Wii game system to make his therapy a fun and functional experience also helped him reach his personal goals more rapidly and with less stress.”

While most patients undergoing stroke rehabilitation are older adults, stroke can occur in any age group.

“The tools and strategies used to treat adolescent patients need to be fun and exciting to relate to their everyday life before their stroke,” Ms. Wheeler said. “Along with the traditional balance and strengthening exercises, Zoe could play Wii games, such as bowling, boxing and baseball, that require body movements similar to traditional therapy exercises while enjoying the competitiveness of the games.”

In addition, using the Wii Fit accessories targeted Zoe’s strength and balance problems and gave the therapists feedback on his progress.

The Wii system has been utilized in many therapy clinics in the U.S. for patients recovering from stroke, broken bones and surgery.

STEPPING OUT AGAIN  After a lot of hard physical and mental work, Zoe returned to school this fall as a senior at Paul W. Bryant High School.

“He started physical therapy with two goals: to walk and to dance again, and he accomplished both,” Ms. Wheeler said. “He is doing a form of dance called stepping with the Kappa League Organization in Tuscaloosa that requires a lot of fast-paced movement and coordination, and he hopes to dance competitively after high school.”

As for Zoe, he gained more than physical ability from his rehabilitation—he gained some wisdom as well.

“After having my stroke, I see life in a different way,” Zoe said. “I learned that life is too short and we do not need to worry about what other people think and situations so much.”

If you’d like to learn more about the therapy services at the Rehabilitation Pavilion, go to www.dchsystem.com/rehab.

Biodex Balance System at the Rehabilitation Pavilion

The DCH Rehabilitation Pavilion therapy staff uses the Biodex Balance System 5D to do fall risk screening and to develop a personalized program to help patients achieve their rehabilitation goals.

The Biodex Balance System is an interactive tool that provides visual feedback and increases a person’s participation and performance.

Patients diagnosed with stroke, fractures, athletic injuries, traumatic brain injuries and spinal cord injuries may benefit from this balance program.

For more information about this program and other treatment options for balance disorders, go to www.dchsystem.com/rehab or call the Rehabilitation Pavilion at 205-333-4900.

LET’S DANCE: During one of his therapy sessions, Zoe Michael (right) shows a dance move to DCH Rehabilitation Pavilion staff members (from left) Sarah Howell, Certified Rehabilitation Registered Nurse; Melinda Wheeler, Physical Therapist; Janice Epper, Case Manager and Registered Nurse; Deborah Rice, Certified Occupational Therapy Assistant; and Juli S. Hart, DPT. Zoe’s mom, Gloria Michael (background), happily watches her son enjoy this fun time with the staff.

A WII WORKOUT: Juli S. Hart, DPT, evaluates Zoe Michael’s strength and balance while he plays a Wii baseball game. The Wii game system has been found valuable in improving strength and movement in stroke patients.
Diagnosed with breast cancer.

Support group for women who have been
diagnosed with breast cancer.

Parker Fireside Room, Tuscaloosa United
Reservations required.

Fourth Thursdays, 10 a.m. to 11 a.m.

DCH Cancer Center Art Room
Wednesdays, 1 p.m. to 4 p.m.

205-759-7877

DCH CANCER CENTER PROGRAMS

BLOOD DRIVES

American Red Cross

Support group for patients, family members and caregivers.

205-333-4840 for times.

Wednesday, Dec. 8

DCH Regional Medical Center
Call 205-759-7764 for times.

Breast Cancer Screening

Monday, Oct. 11

DCH Regional Medical Center
Call 205-759-7931.

Gastric bypass or Lap-Band surgery.

Genesis
Third Thursdays, 6 p.m.

Willard Auditorium, DCH Regional Medical Center
Call 205-759-7660.

DCH Open-Heart Surgery Club
First Tuesdays

Willard Auditorium, DCH Regional Medical Center
Call 205-759-7660.

Lollapalooza 2010
BBQ on the Bayou

Saturday, Oct. 9, 6 p.m. to 10 p.m.

Pickens County Medical Center
Sponsored by the PCMC Foundation, this event includes a silent auction, music by the band Midlife Crisis and, of course, a barbecue dinner. Call 205-367-1855.

Childbirth Education Classes

Beyond Your First Baby

For children ages 3 to 8 years. The class teaches first-time parents how to prepare for the arrival of their newborn.

205-367-8111, ext. 403.

Fayette Medical Center

Alcoholics Anonymous/ 
Narcotics Anonymous

Wednesday, 5 p.m.

HealthPlex

Innovative programs and options to improve and preserve your health and the health of those you love.

HEALTHY COMMUNITY is published as a community service for the friends and patrons of DCH HEALTH SYSTEM, 801 University Blvd. E., Tuscaloosa, AL 35401.

DCH Regional Medical Center, 205-759-7111

Fayette Medical Center, 205-932-5986

Northport Medical Center, 205-333-4500

Pickens County Medical Center, 205-367-8111

www.dchsystem.com

HealthPlex

Go to www.weightwatchers.com for more information.

HEALTHY COMUNITY 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 health care provider. Models may be used in photos and illustrations.

Bryan N. Kindred • President/CEO

Laura Crawford Green • Editor

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