Way To Go Kids! Healthy habits start young
The health benefits of being physically active probably aren’t important right now to Blane Chandler and his sister Alyssa of Gordo. They just enjoy riding their bikes for fun.
But right now, 15 percent of all children in the United States are overweight. Young people who are overweight can be at risk for health problems, such as heart disease, Type 2 diabetes or asthma.
The DCH Nutritional Services Department offers the Way To Go Kids! program for children ages 7 to 12 to help them and their parents learn how to maintain a healthy weight by eating healthfully and being physically active.
Amy Richardson, Health Educator, teaches the Way To Go Kids! camps held at NorthRidge Fitness Center. The next camps will be held from 8:30 a.m. to 11:30 a.m. June 7 through 11, July 12 through 16 and July 26 through 30. For more information about Way To Go Kids! and other upcoming sessions, call 205-759-7514 or e-mail ClinicalNutrition@dchsystem.com.

Secrets to Success
Once in a while, you may need a reason to get out of bed. Whether it’s eating a healthy breakfast, going for your morning jog or walking to the end of the driveway for your newspaper, it’s important to have a reason to do what you do.
The Slender U experts believe motivation is one of the keys to success and offer the following tips to help you achieve your goals:
1. Be confident. The more you accomplish, the more you’ll believe in yourself.
2. Set specific, tangible goals. You probably have an outfit that you’ve vowed to fit into again, for example. Go that extra mile, and stay on track. Before you know it, you will be wearing that outfit and meeting your goals.
3. Remember those important to you. They want you around as long as possible. The healthier you are, the longer you will be around to enjoy these special people.
4. Keep up your momentum. Something in motion tends to stay in motion. Momentum builds quickly and leads to great results. Work to keep your streak alive.
5. Gain experience. The more you do, the more you will learn and understand about which tactics work for you.
6. Get help. The Slender U program at SpineCare is a six-week program that includes meetings with a registered dietitian and time with an exercise specialist. Registered dietitians conduct cooking demonstrations and discuss maximizing flavor with healthier ingredient choices.

For more information about Slender U and the dates for the next sessions, call 205-343-8864.

LEARN MORE
SpineCare is West Alabama’s leading program for managing pain. SpineCare provides the cutting-edge equipment and teaches the latest techniques so that people can lead active, pain-free lives. For more information, visit www.dchspinecare.com.

Source: www.sparkpeople.com

Work It Out: Sheela Latham, Exercise Specialist at The SpineCare Center, checks on Jack Thompson, who regularly exercises at SpineCare. Ms. Latham also works with participants in the Slender U program.
Take control of your anger

Anger that remains unchecked can lead to conflict at home and work as well as cause personal conflicts. Anger often masks underlying feelings, such as hurt, pain, frustration, disappointment or discouragement.

When is anger a problem? It's normal to get angry, but some people are too easily angered and have a hard time keeping their anger under control.

"You don't have to be an expert in observation skills to notice that of all human emotions anger seems to be the one most readily and easily displayed in our society today," DCH Employee Assistance Program Specialist Sandy Hopkins said. "Frustrations tend to build on one another, and individuals seem less capable of applying coping skills to manage their anger."

How do you know if you're too angry?

● You often lose your temper or become enraged, going from zero to 100 in an instant.
● You feel infuriated when people block your way in daily situations, such as in traffic.
● You feel that people around you aren't useful and they are not doing what you want them to do.
● You have a high level of free-floating hostility toward others. (You are mad at the world.)

Overcoming anger

Holding in anger for too long can cause physical conditions such as high blood pressure and depression, according to the American Psychological Association (APA). It may also lead to pathological expressions of anger, like passive-aggressive behavior.

Ms. Hopkins suggests trying these tips from the APA to help you deal with angry feelings and avoid losing control:

● Express feelings in a healthy way. Being angry all the time isn't good for you, but neither is constantly suppressing your emotions. It's important to think through negative feelings before reacting or blaming others.
● Practice relaxation techniques. To help you calm down, breathe deeply from your gut. You may also want to repeat a calming word or phrase—such as “relax” or “take it easy”—as you breathe.
● Change the way you think. Anger can sometimes make you think the situation is worse than it really is. Even when it's justified, try to defeat your anger with logic. Tell yourself it's OK to feel frustrated at whatever is going on, but also remind yourself that getting angry isn't going to fix the problem.
● Don't focus on just finding a solution. Some problems that invite your anger may not have a solution, which can be especially frustrating.

When anger lingers

These approaches may not be enough to help you control your anger. If so, you may need to see a counselor, who will help you develop specific strategies to better handle your anger.

Keep in mind that you can't control the fact that life is filled with frustration and unpredictability, but you can control your response.

Great quality counts at DCH

The DCH Health System received the 2009 Award of Excellence for Continuous Productivity and Quality Improvement for previous winners of the Alabama Quality Award, the state of Alabama’s highest honor for quality and performance excellence.

The Alabama Productivity Center at The University of Alabama and the Alabama Technology Network announced in December 2009 that the Health System had won the award for the third consecutive year.

The Health System won the Alabama Quality Award in 2006 and received the Award of Excellence for Continuous Productivity and Quality Improvement in 2007 and 2008.

Fayette Medical Center upgrades MRI Services

Fayette Medical Center recently replaced its 10-year-old magnetic resonance imaging (MRI) equipment with a new GE 1.5-tesla unit, bringing a much-needed upgraded service to the Fayette community, Fayette Medical Center Administrator Barry Cochran said.

“This equipment is more reliable than the equipment it replaced, and less time is required to complete a scan, making the procedure more patient-friendly and overall more convenient,” he said.

The new equipment can also perform a wider variety of procedures, which will prevent patients from being transferred to another facility or traveling to other areas for this service.

The total cost of the project was $1.25 million. A $600,000 appropriation from U.S. Rep. Robert Aderholt will offset almost half of the expense, Mr. Cochran said.
Cancer Center program offers relief for lymphedema patients

Lymphedema may be one of the lesser-known side effects of cancer treatment. A healthy lymphatic system is made up of vessels that help fight infection and remove excess fluids and proteins from tissue spaces. When the lymphatic system doesn’t work properly, fluid will collect, causing swelling. This is known as lymphedema.

Primary lymphedema is caused by a defect present at birth. Secondary lymphedema is caused by damage to the lymphatic system from cancer, cancer treatments and other surgical procedures.

We can help Jennifer Doyle, PT, DPT, a nationally certified Lymphedema Therapist at the DCH Cancer Center, provides therapy for patients with lymphedema. Dr. Doyle is a graduate of The University of Alabama, holds a doctorate of physical therapy from Georgia State University and is certified by the Academy of Lymphatic Studies.

“Treat a variety of patients, most of whom are breast cancer patients,” Dr. Doyle said. “Lymphedema can appear anytime after treatment, but it’s usually seen within the first year.”

A person with lymphedema will feel a tightness in his or her skin and have a heavy or full feeling in his or her arms or legs as the limbs swell. Lymphedema is a progressive disease, Dr. Doyle explained. “The problems will increase,” she said.

The skin will become damaged, and that can lead to serious infection issues.

Personalized therapy Dr. Doyle tailors therapy to each patient. A typical treatment program includes manual lymph drainage, which involves a steady, gentle massage to open pathways for excess fluids to drain. Compression garments and bandages also help improve flow and prevent the arm or leg from collecting excess fluid once the bandages have been removed.

“I teach patients how to exercise properly to remove fluid and how to care for their skin, which is vital to avoid infection,” Dr. Doyle said. “I also teach patients how to do a lot of the same care at home and also make sure they understand what signs to look for and know when to seek help.”

For more information about lymphedema and lymphedema therapy, call 205-343-8495 or visit www.dchsystem.com/cancer.

The DCH Cancer Center Boutique keeps lymphedema patients in mind

The staff of the DCH Cancer Center Boutique has select products, including ointments and lotions, for the comfort of patients dealing with lymphedema.

Products are also offered to soothe and relieve skin problems that cancer patients who’ve had radiation therapy may experience.

The DCH Cancer Center Boutique carries merchandise—such as wigs, scarves, hats and clothing—to help meet the physical and emotional needs of cancer patients. The Boutique is open Monday through Friday from 8:30 a.m. to 4 p.m.

DCH LIFELINE

Get help when you need it

“Help, I’ve fallen and I can’t get up.”

The ads that feature this now familiar phrase may elicit a giggle from people who have seen them over and over again. However, unexpected emergencies in the home are serious. For someone alone and in need of help, a personal response system is important—and may save his or her life.

DCH Home Care offers DCH Lifeline, a personal response system used to summon help when needed any hour of the day or night for residents of Tuscaloosa, Hale, Pickens, Bibb, Greene and Fayette counties.

The DCH Lifeline service includes a telephone unit and a help button that can be worn as a pendant or on a wristband. When pressed, the help button dials a Lifeline monitor available 24 hours a day, 365 days a year. A monitor calls the Lifeline subscriber through the telephone system to learn what kind of help may be needed and then takes the appropriate action to get help to the home.

DCH Lifeline has some new features. The service now includes a reminder feature to remind subscribers to take their medication or to keep their doctor appointments. The reminders can be programmed from the user’s home or from the home of a loved one.

A new cordless telephone system includes larger buttons that are easier to read and press and improved amplification on the handset or speakerphone. Additional speakerphones can be placed in other areas of the home to extend the voice range. This is ideal for two-level or large homes, allowing contact and two-way conversations when the user is away from the main telephone unit.

To subscribe to Lifeline, or for more information, contact DCH Home Health at 205-759-7010, or visit www.dchsystem.com/homecare.

DCH REGIONAL MEDICAL CENTER

Mammography Services get accreditation

The American College of Radiology (ACR) has awarded the Mammography Services at DCH Regional Medical Center another three-year accreditation. After a peer review, the ACR awards accreditation to facilities for the achievement of high practice standards.

Mammography Services at Northport Medical Center are currently within a three-year ACR accreditation, and the Radiology Department at Fayette Medical Center is ACR-accredited until 2012 and is also accredited by the U.S. Food and Drug Administration.

For information about Imaging Services at DCH Health System hospitals, go to www.dchsystem.com.
THE BEST
&
THE
BRIGHTEST

Recognizing dedication and excellence

Throughout the year, DCH Health System recognizes employees from its hospitals in Tuscaloosa, Northport, Fayette and Pickens County 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 various criteria, including outstanding job performance, attitude, dependability and dedication to the mission of the Health System and its patients and employees.

**DCH REGIONAL MEDICAL CENTER**

Brucie White, RN, with the Trauma/Surgical Care Unit, received the Excellence Award for the third quarter of 2009. Gloria Foster, Room Service Ambassador in the Nutritional Services Department, and Clair Matthews, RN, with the 6 South Patient Care Unit, received the award for the fourth quarter of 2009.

**NORTHPORT MEDICAL CENTER**

Tina Howard, Cook and Special Events Coordinator in the Nutritional Services Department, and Chuck Sawyer, RN, Assistant Nurse Manager at the North Harbor Pavilion, were the recipients of the Excellence Award for July through December 2009.

**FAVETTE MEDICAL CENTER**

Andrea Johnson, RN, with Long Term Care, was named the Employee of Excellence for the third quarter of 2009. Beverly Galloway, Chart Analyst in Health Information Management, was the recipient of the award for the fourth quarter of 2009.

**Water aerobics: Keeping up the PACE**

Some HealthPlex members participating in a PACE (People with Arthritis Can Exercise) water aerobics class enjoy using swimming noodles donated by the Pickens County Medical Center (PCMC) Auxiliary. They are (front row, from left) Betsy McDaniel, Cindy Reynolds, Betty Taggart, Barbara Skelton, (back row, from left) Mary Ann Sherman, Evelyn McElroy, Mary Dancy and Betty Williams. The water aerobics class is held in a heated therapy pool, which helps make exercising easier. HealthPlex at PCMC is a community-based wellness and fitness center.
Five DCH Health System employees were among 10 West Alabama hospital employees honored in January for their dedication to the health-care industry. The DCH Hospital Heroes for 2010 are Jeff Beans, RN, Bernadine DellaPenna and Stephen Eure from DCH Regional Medical Center; Kathy Griffith, RN, MSN, from Fayette Medical Center; and Timothy Mayhew from Pickens County Medical Center (PCMC).

They were recognized in January at an awards luncheon in Tuscaloosa hosted by the West Council of the Alabama Hospital Association (AlaHA).

**DCH REGIONAL MEDICAL CENTER**

*Jeff Beans, RN.* Mr. Beans has been a nurse on the Medical Intensive Care Unit for more than 23 years and has spent a total of 33 years working in the health-care field. Co-workers note his kindness and attentiveness to patients. In addition to his bedside care, Mr. Beans serves as a clinical instructor for nursing students with both The University of Alabama (UA) and Shelton State Community College. Mr. Beans is a recipient of the DCH Excellence Award.

*Bernadine DellaPenna.* Throughout 25 years of service to the health-care industry, Mrs. DellaPenna has developed an intense passion for caring for cancer patients. While at the DCH Cancer Center, she operated the I Can Cope program, a series of support sessions implemented for current and former cancer patients, for several years. Ms. DellaPenna has been recognized by the hospital with the DCH Excellence Award.

*Stephen Eure.* Mr. Eure has worked in the health-care industry for 22 years. A pharmacist at the Medical Center, he has developed a library of pharmacy knowledge, which he uses not only in his daily work but also to assist other staff members and help guide pharmacy students.

Mr. Eure is an affiliate clinical instructor in the department of clinical pharmacy practice at the Auburn University and Samford University schools of pharmacy. He is also a pharmacy practice residence preceptor and was a previous winner of the DCH Excellence Award.

**FAVETTE MEDICAL CENTER**

*Kathy Griffith, RN, MSN.* Mrs. Griffith is Assistant Administrator of Patient Care Services and Chief Nursing Officer at Fayette Medical Center. A 32-year veteran of the health-care field, Mrs. Griffith has received several honors, including the Most Outstanding RN Student Award from UA, Fayette County Hospital Employee of Excellence Award and the Fayette County Hospital Nurse of the Year Award.

She is also active in the community, serving as a licensed pastor in a local church and as a Sunday school teacher.

**PICKENS COUNTY MEDICAL CENTER**

*Timothy Mayhew.* Mr. Mayhew, Home Medical Equipment Delivery Tech, spends his days outside the walls of PCMC in the community, delivering, assembling and providing instructions about medical equipment. He’s said to be an excellent hospital representative who shows compassion and always wears a smile.

A patient wrote a letter to PCMC to express appreciation for Mr. Mayhew’s help with a bed he delivered and also for fixing a plumbing problem while he was in the patient’s home. Another patient said he chopped firewood for her. An eight-year PCMC employee, Mr. Mayhew is a recipient of the Employee of Excellence Award.

Alabama’s Hospital Heroes are “people who consider their work more than a job, who consider it a calling.”

**ABOUT THE CONTEST**

The West Council is one of seven regions that participated in AlaHA’s seventh annual statewide Hospital Heroes contest to recognize the accomplishments and compassion of hospital employees and to highlight health-care careers.

“If you’ve ever been in a hospital, chances are you’ve had a special caregiver who went above and beyond the call of duty to make sure your stay was not only productive but comfortable,” said J. Michael Horsley, AlaHA president. “It is these types of individuals we honor each year as Alabama’s Hospital Heroes—people who consider their work more than a job, who consider it a calling.”

AlaHA is a statewide trade organization that represents more than 100 hospitals and numerous other health-care providers in their efforts to provide quality health care.
the U.S. live with diabetes, and they face another serious
tem disease. More than 23 million children and adults in
pressure; blindness; and heart, kidney and nervous sys-
problems associated with diabetes—stroke; high blood
people with diabetes is 10 times higher than for people
Diabetes Association (ADA).

MOST PEOPLE ARE
aware of the many health
problems associated with diabetes—stroke; high blood
pressure; blindness; and heart, kidney and nervous sys-
derived from wounds to help them heal.

HELP AND HEALING
The highly skilled staff of the Wound Healing Center at DCH Regional Medical Center provides specialized care and education for people with diabetes.

“We people with diabetes can't properly regulate blood sugar or glucose levels, and, over time, that can damage blood vessels and nerves, which can delay wound healing,” said Dr. Timothy Winkler, regional medical director for National Healing Corporation and Medical Director of the Wound Healing Center. “Rigid cell walls caused by increased glucose levels hinder red blood cells from satu-
ating into tissue, and that impairs the release of oxygen and nutrients into wounds to help them heal.

“Hyperbaric oxygen therapy enables oxygen molecules to pass from the blood stream to the tissues more easily, which can reduce the incidence of amputation.” In addition to Dr. Winkler, the Wound Healing Center's physician panel includes surgeons Dr. Joseph Falgout, Dr. Andrew G. Harrell, Dr. John Waits and Dr. Joseph Wallace; cardiovascular surgeons Dr. Barry D. Newsom and Dr. Ford Simpson Jr.; and Internal Medicine Physician Dr. J. Grier Stewart.

The Wound Healing Center staff offers the following advice:

• People with diabetes who have nerve damage and sens-
sory loss (neuropathy) are at higher risk for severe foot problems and should pay special attention to their feet.
• Comprehensive foot care programs can reduce ampu-
tation rates by 45 to 85 percent. It is important for people with diabetes to wear proper footwear; inspect their feet daily; and take extra care when trimming nails and treat-
ing cuts, scrapes and blisters.

For more information about the Wound Healing Center, visit www.dchsystem.com.

4 STEPS TO HELP PREVENT DIABETES

MORE THAN 41 MILLION Americans are well on their
way to developing diabetes—and most don't even know
it. They have a condition called pre-diabetes, which
means that their blood glucose levels are higher than
normal. The good news is that there is now scientific
proof that they can prevent or delay the disease and its
devastating complications.

STEPS IN THE RIGHT DIRECTION If you are over
45 and overweight, you are at increased risk for pre-
diabetes, but you can take steps to lower your risk.

1 Set realistic goals. You don't have to knock yourself
out to prevent or delay diabetes. Start by making small
changes. For example, try to get 15 minutes of physical
activity a day this week.

2 Make better food choices. Try to eat more fruits and
vegetables, beans, and grains. Reduce the amount of fat in
your diet. Choose grilled or baked foods instead of fried.

3 Record your progress. Write down everything you
eat and drink. Keeping a food diary is one of the most
effective ways to lose weight and keep it off.

4 Keep it at it. Making even modest lifestyle changes can
be tough in the beginning. If you fall off, get back on track.

CHANGE YOUR LIFE If you are already living with
diabetes, the DCH Diabetes Center can help you manage
the disease and live a healthy life.

For more information, call 205-750-5260 or go

THE DEBUT OF DA VINCI

IF YOU HAVE a condition that may require surgery,
you want every possible advantage, including the most
effective, least invasive surgical treatments available. The
da Vinci Surgical System now at DCH Regional Medical
Center enables a minimally invasive approach that uses
the latest in surgical and robotic techniques.

Dr. Howard Winfield, Urologist, is the Director of
Robotic Surgery at the Regional Medical Center and is
recognized for training urologists in laparoscopic and
robotic surgery. Dr. Winfield was the first physician in
the world to perform a laparoscopic surgery to remove
the cancerous portion of a kidney.

The da Vinci system provides an alternative to traditional
open surgery and conventional laparoscopy. Surgeons can
perform even the most complex and delicate procedures
together with unmatched precision.

For the patient, benefits may include: Significantly
less pain. Less blood loss. Less scarring. Shorter
recovery time. A faster return to normal daily activi-
ties. Better clinical outcomes.

For more information, go to www.dchsystem.com.
THE DCH FOUNDATION, INC., invites you to join us at these upcoming events and help us improve the health and wellness of our community.

BBQ AND BLUE JEANS
The 13th annual BBQ and Blue Jeans will rock around the clock on Saturday, April 24, beginning at 6 p.m. at Water Oaks Farm. The annual DCH Foundation event will benefit the DCH Prostate Cancer Fund.

The DCH Prostate Cancer Fund promotes prostate cancer awareness and education about the benefits of early detection and provides screenings to underinsured men in West Alabama.

A fun, casual event for a serious cause, BBQ and Blue Jeans’ theme, BBQ and bobby socks, will focus on the 1950s—a time of poodle skirts, rock ‘n’ roll, malt shops and jukeboxes. The McAbee Pigfitters will provide their famous barbecue. The evening will include live music, a fantastic silent auction and Hudson-Poole Jewelers’ signature diamond event.

DCH SPORTS MEDICINE FUND RUN
The DCH SportsMedicine Fund Run will be Saturday, May 1, at Tuscaloosa County High School in Northport. A 5K run will begin at 7 a.m., and a one-mile fun run/walk will start at 8:45 a.m.

The annual Fund Run provides an opportunity for people of all ages and running experience to participate, while raising money for the DCH SportsMedicine Fund. Part of the DCH Foundation, the fund provides service and educational opportunities to area schools, recreational sports organizations and individuals.

Now in its 12th year, the DCH SportsMedicine Fund provides protective athletic equipment to area athletes as well as supplies and equipment for area high school training rooms. The DCH SportsMedicine Fund also sponsors scholarships for college and high school student athletes.

You can register now at www.active.com. For more information, contact Sheryl Hendrix, SportsMedicine Manager, at 205-333-4787 or e-mail shendrix@dchsystem.com.

GET INVOLVED For more information about the DCH Foundation Events, call Casey Johnson, Special Events/Annual Giving Manager, at 205-343-8382 or e-mail cjohnson2@dchsystem.com.

You can also visit the DCH Foundation Web site at www.supportdch.com.
BETTER HEALTH

American Red Cross
Blood Drives
- Wednesday, April 21, 7 a.m. to 6 p.m.
DCH Conference Center
- DCH Regional Medical Center
- Thursday, April 22, 4 a.m. to noon
DCH Conference Center
- DCH Regional Medical Center
- Thursday, April 29
Faucett Auditorium,
Northport Medical Center
Call 205-333-4600

BBQ and Blue Jeans
Saturday, April 24
Call the DCH special events coordinator at 205-343-8382.

DCH Golden Years Program
Fourth Mondays, January through April,
June, September and October, 2 p.m.
Open to people 50 and older. Call
205-759-7931.

DCH Open-Heart Surgery Club
First Tuesdays
Willard Auditorium,
DCH Regional Medical Center
Call 205-759-7660.

Genesis
Third Thursdays, 6 p.m.
Willard Auditorium,
DCH Regional Medical Center
Genesis is a support group for people
who are planning to have or have had
gastric bypass or Lap-Band surgery. Free.
Call 205-782-2901.

Grand Grandparents
Women’s Pavilion, OB Classroom,
Northport Medical Center
This one-time class helps grandparents
develop their role in the growth of their

DCH Cancer Center Programs
To learn about classes or to register, call
205-759-7877.

Art Workshops
Wednesdays, 1 p.m. to 4 p.m.
DCH Cancer Center Art Room
Patients, family and caregivers welcome!

Cancer Wellness
Fourth Thursdays, 10 a.m. to 11 a.m.
DCH Cancer Center Wellness Room
Reservations requested.

IMPACT
Third Thursdays, 11 a.m.
Parker Fireside Room,
Tuscaloosa United Methodist Church
IMPACT is a support group for women
who have been diagnosed with breast
cancer. Free.

Look Good...Feel Better
Fourth Mondays, 1 p.m. to 3 p.m.
DCH Cancer Center Wellness Room
This program helps women undergoing
breast cancer treatment deal with the physical
side effects of treatment. Free.

Prostate Cancer Support Group
Second Wednesdays, bimonthly, noon to
1 p.m.
DCH Cancer Center Wellness Room
Open to prostate cancer patients and their
families. Lunch will be served. Reservations are required. Free.

Staying Strong—Nutrition
Can Make a Difference
Third Tuesdays, 10 a.m. to 11 a.m.
DCH Cancer Center Wellness Room
Open to patients, family, caregivers and
community members.

STRETCH
Tuesdays and Thursdays, 9 a.m.
University of Alabama (UA) Student Recreation Center
STRETCH is an exercise class for women
who have or have had breast cancer.
Sponsored by the DCH Cancer Treatment Center and the UA Student Recreation Center. Free.

HEALTH AND FITNESS PROGRAMS
HealthPlex at the Pickens County Medical Center in Carrolton is a community-based
wellness and fitness center complete with
equipment and programs to meet the needs of many different people. Call
205-367-8111.

ONGOING PROGRAMS
DCH Regional Medical Center
Childbirth Education Classes
For information, call the Department of Organizational Development and Educa-
tion at 205-759-7745.

- Beginning Breastfeeding
For expectant parents who are interested in learning about breastfeeding.
- Caring for Your Infant
Focuses on the first days after bringing your newborn home.
- Early Pregnancy
Answers commonly asked questions and offers expectant parents information
about having a healthy baby.
- Helping Siblings Adjust
This one-hour class acquaints big brothers
and sisters with their new roles.
- Preparing for Childbirth
For expectant mothers and fathers.
- Refresher to Childbirth
A review of childbirth for expectant parents who have already experienced childbirth.

DCH Diabetes Center
At this education and resource facility for
diabetes, nurses and nutritionists teach self-management skills,
including how to control blood sugar, prevent diabetes complications and im-
prove self-care skills. A physician referral
is required. Call 205-750-5260.

Marvelous Multiples
This class is for expectant parents of
twins or more. Call 205-333-4600.

Slender U
DCH SpineCare Center
This weight-loss and nutritional counseling program
is in two four-week sessions—join
us for one or both. Call 205-343-8864.

Northport Medical Center
Childbirth Education Classes
Classes are taught by registered nurses. You
should sign up for classes when you’re 20 weeks pregnant. To learn about
complementary classes or to register, call
205-333-4600.

- All About Infant Care
Teaches first-time parents how to prepare
for the arrival of their newborn. You will also learn what to expect after
delivery and when you get home.
- Beyond Your First Baby
Learn about aspects of childbirth that
might have changed since your most
recent birth.
- Big Brother/Big Sister Class
For children ages 3 through 8 years. The
class discusses what life will be like with
a new baby.
- Breastfeeding Class
For expectant parents planning to breastfeed.

- Breathing and Relaxation
For couples at least 34 weeks pregnant
who want to learn natural labor and birth
- Comprehensive Childbirth Class
First-time parents learn about labor,
delivery and postpartum.
- Healthy Pregnancy
“Entering the third trimester.” This class,
helpful specifically for first-time parents,
is taken during the second trimester, at
22 to 28 weeks, to go over what’s normal
and what can happen during the third
trimester.
- Infant/Child CPR and Safety
Learn how to perform CPR, rescue a
choking infant or child, and prevent
childhood injuries.

West Alabama Aphasia and Stroke Support Group
Third Mondays of every other month,
5:30 p.m., DCH Rehabilitation Pavilion
Call 205-345-5488.

Fayette Medical Center
CPR and First Aid Classes
These classes are offered to community
groups on request. Call 205-932-5966.

Pickens County Medical Center
Narcotics Anonymous
Mondays, 6 p.m.
Education Room
Call 205-367-1855.

Pickens County Cancer Support Group
Second Tuesdays, 6 p.m.
Education Room
Open to cancer survivors and their fami-
lies. Free. Call the American Cancer Soci-
ety at 205-758-0700.

DCH Diabetes Center
At this education and resource facility for
diabetes, nurses and nutritionists teach self-management skills,
including how to control blood sugar, prevent diabetes complications and im-
prove self-care skills. A physician referral
is required. Call 205-750-5260.

Reach For It
Fourth Mondays, 1 p.m. to 3 p.m.
DCH Cancer Center Wellness Room
This program helps women undergoing
cancer treatment deal with the physical
side effects of treatment. Free.

Pain @ Distance
Third Tuesdays, 10 a.m. to 11 a.m.
DCH Cancer Center Wellness Room
Open to prostate cancer patients and their
families. Lunch will be served. Reservations are required. Free.

Pain Management for Cancer Patients
This class is for the arthritis or cancer
patients who want to learn natural
labor and birth techniques.

Pain Management for Young Women
First-time parents learn about labor,
delivery and postpartum.

Healthy Pregnancy
“Entering the third trimester.” This class,
helpful specifically for first-time parents,
is taken during the second trimester, at
22 to 28 weeks, to go over what’s normal
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Infant/Child CPR and Safety
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