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# LANE LINES

■ WINTER 2011

Changing and Growing With You



## Capital Region “Keep the Beat” Free Bystander CPR Training\*

Join us for the 2nd annual Capital Region “Keep the Beat” Free Bystander CPR Training on Saturday February 19. Participants ages 10 and up will learn life-saving adult CPR through hands-on skills training, as well as how to recognize and provide basic care for breathing and cardiac emergencies.

“Keep the Beat” is a not-for-profit education initiative to make Louisiana communities safer by teaching life-saving CPR skills and donating AEDs to schools.

**WHEN:** Saturday, February 19

**TIME:** 9 a.m.

**WHERE:** Zoar Baptist Church, Gymnasium,  
11848 Hooper Road, Central

**HOW TO REGISTER:**

Online: [LaneRMC.org](http://LaneRMC.org)

Phone: (225)658-6766

Registration deadline is Thursday, February 17

*\* Presentation and skills training do not qualify as CPR certification.*



## LETTER FROM THE CEO Randall M. Olson

Dear Friends:

The New Year is off to a great start as we bring even more exciting programmatic news to you:

- Lane's Pathway to Excellence application was accepted by the American Nurses Credentialing Center. This nationally recognized designation for patient care excellence is closer than ever.
- In addition to your everyday needs, our FASTLane after hours walk-in clinic in Zachary is now performing routine physicals as well as a variety of eScreen drug testing services. Open every day of the week, FASTLane is fully staffed by licensed physicians and located near Copper Mill in Lake Pointe Centre. Please call (225)570-2618 for more information.
- A special thank you goes to our Wellness Committee for providing our wellness events throughout the year. As a result, Lane was one of five companies and the ONLY hospital in the region to receive the Platinum American Heart Association Fit-Friendly Award!
- Our second annual "Keep the Beat" bystander CPR training will be held in Central this year! Zoar Baptist Church graciously agreed to host this free community event on Saturday, February 19, at 9AM. Anyone age 10 and older may attend. Register online at LaneRMC.org or call 225-658-6766.

It is with great pride that I thank YOU, our patients, families and community members for allowing our dedicated team of professionals to do what they do best – provide the greatest healthcare possible. We appreciate your support in the past and look forward to serving you and your family for generations to come. We have a great team here, and it shows!

Please feel free to email me via our website: LaneRMC.org under "contacts," or call me directly at (225)658-4303.

Sincerely,

Randall M. Olson

## Audiology Services Now Offered at Lane Regional

Lane Regional Medical Center welcomes Dr. Sabrina Simoneaux, licensed audiologist.

connectivity means no cables or wires, allowing for discreet and effortless communication.

Selective Hearing, located at 6110 Main Street, Suite D, in Zachary provides hearing evaluations, custom listening devices, auditory testing, evaluation and treatment of vertigo, and the latest in Bluetooth technology.

Bluetooth technology along with hearing aids allow hearing impaired patients to more efficiently communicate in challenging circumstances and improves the quality of life and social interaction of people who were once isolated by hearing loss.

Bluetooth technology wirelessly pairs digital hearing aids to televisions, MP3 players, computers, stereos and cell phones. Wireless

To make an appointment with Dr. Sabrina Simoneaux, please call (225) 286-4032.

Ronnie Falgout shows off the pocket-size remote control that allows him to fine-tune the volume of his hearing aid depending on the situation, such as talking on his cell phone, visiting in a crowded restaurant, conducting business meetings or watching TV at home.

Dr. Sabrina Simoneaux explains how easy it is to use the wireless Bluetooth technology for TVs; just plug it in, adjust the settings and you are hearing every word at the perfect level for you, even if the TV volume is turned way down!



# New Heart Cath Procedure Easier for Patients

Each year more than one million cardiac catheterizations to diagnose heart disease are performed in the U.S. Most of them go through the groin to gain access to the arteries that lead to the heart.

Today, interventional cardiologists at Lane Cardiovascular Center are the only ones in the region performing heart cath through transradial access in the wrist instead of transfemoral access in the groin.

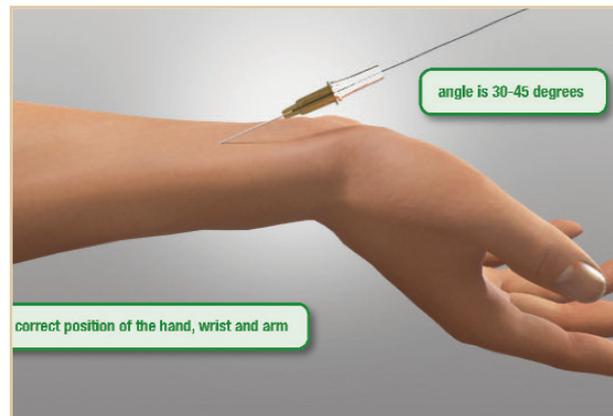
## Benefits of Transradial Heart Cath Procedure:

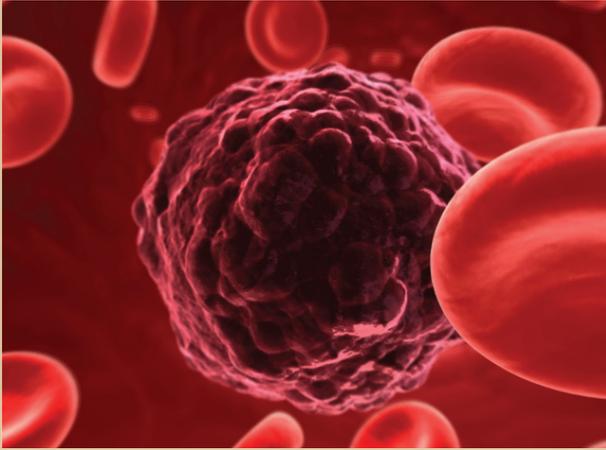
- easier access, especially in obese patients or patients with peripheral vascular disease
- virtually no bleeding complications
- no worry about blood thinner medications
- much less pain and discomfort
- greater mobility, no need to lie flat for 4-6 hours with pressure applied to the groin
- earlier discharge, many go home the same day
- significantly faster recovery

If you are having a heart cath, ask your cardiologist if you are a candidate for the transradial procedure.

Get your heart checked for those you love today! Contact the interventional cardiologists at Cardiovascular Institute of the South, (225)654-1559. Same day/next day appointments are available.

Al O'Brien and his wife of 52 years, Anne, wait for his diagnostic heart cath procedure. He is glad it will be done through his wrist instead of his groin with less pain and quicker recovery.





## The Symptoms of Colon Cancer

People who have colon cancer often don't have symptoms, especially at first. This means that many people have pre-cancerous polyps (growths in the colon that should not be there) and don't even know it!

Perhaps this is why colon cancer is the second leading cancer killer in the U.S. And why colon screenings are so important – to detect and remove polyps BEFORE they turn into cancer and find colon cancers early when the chance of being cured is best.

Everyone age 50 and older should be screened. Why? Because colon cancer is most often found in people over 50, and the risk increases with age for both men and women. Your risk for colon cancer may be higher than average if a close rela-

tive had polyps or colon cancer or if you have inflammatory bowel disease.

Symptoms of polyps or colon cancer may include blood in your stool, stomach pain or cramps that happen a lot and you don't know why, a change in bowel habits, or unexplained weight loss.

**Ask your primary care physician to schedule a colon screening today – it is a painless test that is covered by all major insurances.**

**Ask that it be performed at the Lane Endoscopy Center, conveniently located in Zachary and featuring the most sophisticated, high definition imaging scopes available. For a physician referral, please call (225) 654-LANE (5263).**

## Discount Prescription Program

Beginning this month, Lane Regional Medical Center will be participating in a government program that will help our patients save money on medications and help us improve healthcare in our community.

Participating in this program is easy, and it is open to both insured and uninsured patients.

**Next time you have a doctor's appointment, pick up a 340B card and take it along with your prescription to one of our pharmacy partners:**

### Medical Pharmacy West

2250 Church Street  
Zachary, LA 70791  
225-658-8101

### Medical Pharmacy

6400 Main Street  
Zachary, LA 70791  
225-654-6883

### Central Drug Store

13565 Hooper Rd  
Baton Rouge, LA 70818  
225-262-6200

At the pharmacy, uninsured patients will save up to 60% off the cost of their medications.

Patients with prescription coverage will pay their copay as they do today. However, by participating in the program, they can help families who are less fortunate.

Under this program, every prescription paid by an insurance company provides financial assistance that helps our hospital serve our community and provide services to patients who cannot afford their care.

So the more people who participate, the better it is for everyone.

In southern Louisiana, the cost of medications is beyond the reach of too many families. We hope that our new drug discount program will mean that more people in our region will be able to afford their medications, follow their doctor's orders, and lead healthier lives.



## Scale Down Coupon 25% OFF

Redeem this coupon for  
25% off of class fees if  
you join by April 30, 2011

Call (225) 658-4463



## Mind your P's: Paella, Peppers, and Parfait

Here's some boredom-busting recipes that will take your HMR meals to a whole other level.

Share with company and they'll think you've hired a chef! Or, keep it all for yourself...

### Berry Parfait

2 HMR 70 Plus Vanilla Shake packets  
4-8 ounces of cold water  
1 1/2 cup berries

Make HMR 70 Plus according to package instructions for pudding. In a glass, layer 1/3 of the pudding in bottom, then layer 1/2 cup berries. Repeat 2 more times.

*Optional: Top with a dollop of non-fat Cool Whip.*

Calories: 350 Servings: 1.5

### Perfect Paella

1 HMR Chicken Creole Entree  
1/2 green bell, seeded and chopped  
1/2 leek, green part removed, sliced diagonally  
1/2 cup chopped tomatoes  
1/4 cup canned (no oil) artichoke hearts, drained  
1/4 cup peas  
Dash garlic salt  
Small pinch saffron (3 threads)

Simmer the peppers, leeks, garlic salt, and saffron with the tomatoes until the peppers and leeks are soft. Add other ingredients. Bake at 375 for 30 minutes. Allow to cool 5-10 minutes before eating.

Calories: 300 Servings: 1.5

### Creole Stuffed Pepper

1 HMR Chicken Creole Entree  
1 whole red, yellow, or green bell pepper  
2 cups fresh spinach  
1/2 cup canned, diced tomatoes  
1 tsp minced garlic

Cut the top off the pepper and remove core and seeds. Saute spinach and garlic in non-stick cooking spray for 3-5 minutes until spinach is wilted. Combine entree, spinach, and diced tomatoes. Fill the pepper with mixture. Bake at 400 degrees for 15 minutes.

*Optional: Add salsa to taste. Or, substitute the HMR Mushroom Risotto instead of the Chicken Creole.*

Calories: 320 Servings: 3

2011 RESOLUTION  
Become <sup>Half</sup> All the Person You Want to Be!

Gary lost 228 lbs. on the HMR Decision-Free® Diet

Kate lost 70 lbs. with HMR at Home®

No other diet gives you the results you want, without ever feeling deprived.

**HMR** It's All About Your Balance

\*HMR data published or presented at medical conferences show 50-60 lbs. for Gary's in-clinic program; 15-30 lbs. for Kate's HMR at Home Program. Some people lose even more weight.

HMRDiet HMR\_Diet HMRDiet



### Lane Auxiliary installs officers

The Lane Regional Medical Center Auxiliary installed officers for 2011: (L-R) Mary Whittington, Parliamentarian/Historian; Bobbye McCutcheon, Treasurer; Pauline Rushing, Corresponding Secretary; Sue Bean, Recording Secretary; Liz Owen, Vice-President; and Gladys Sims, President.

The Lane Auxiliary was established in 1960 to provide support to the hospital and has more than 50 active volunteers. For information about how to become a Lane volunteer, contact the hospital Gift Shop at 658-4309.

### A Colorful Christmas

In the true spirit of giving, 2nd grade students at Zachary Elementary decided to collect coloring books instead of exchanging Christmas gifts. The coloring books were then donated to Lane Regional Medical Center for pediatric patients.



Pictured L-R: Kathy Pate, RN; Brandie McNabb, Aimee Davis, Angelle Sibley, Miriam Everett, RN and 5-year-old helper Ainslie.

## Congestive Heart Failure

**Free education and support programs for patients and caregivers.**

Join us to learn more about what you can do to manage the challenges of living with heart disease. Our specialized team is here to help you every step of the way.

**Monday, February 14th**

**Monday, May 16th**

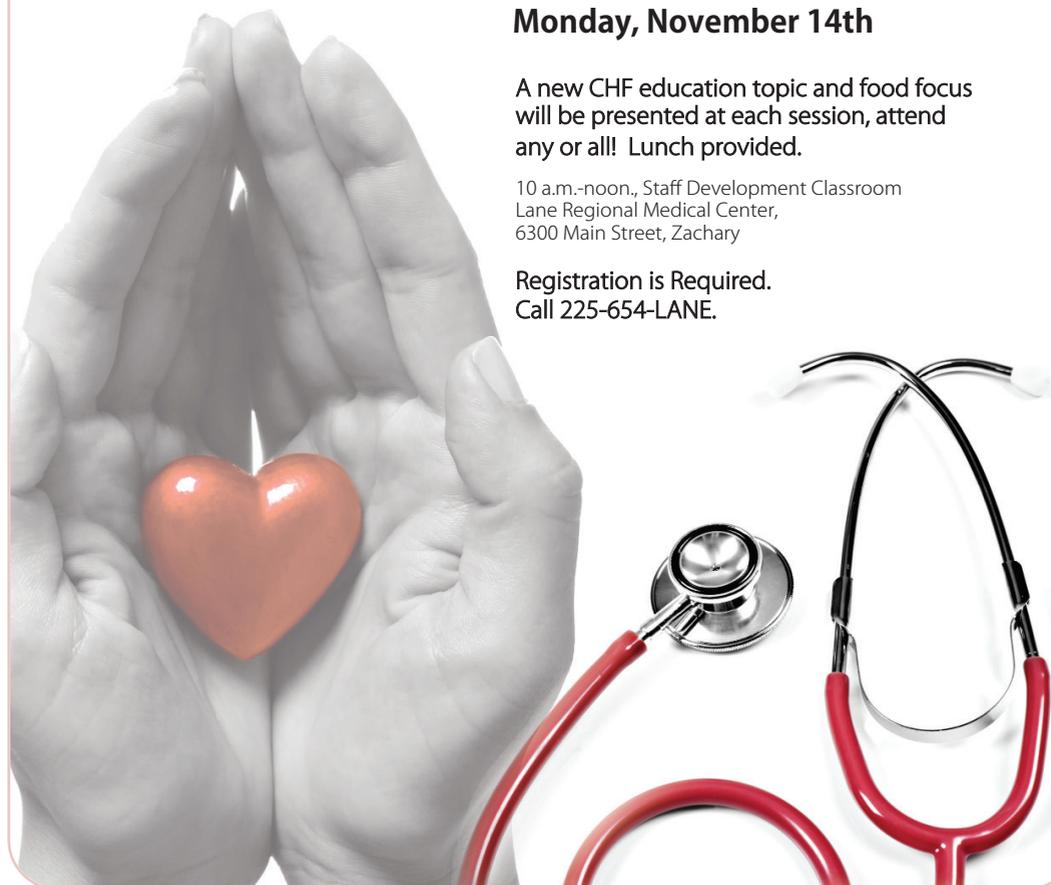
**Monday, August 15th**

**Monday, November 14th**

A new CHF education topic and food focus will be presented at each session, attend any or all! Lunch provided.

10 a.m.-noon, Staff Development Classroom  
Lane Regional Medical Center,  
6300 Main Street, Zachary

Registration is Required.  
Call 225-654-LANE.





# Good Health Seminars

## “KEEP THE BEAT”

FREE Bystander CPR training  
**Saturday, February 19**, 9 am  
 Zoar Baptist Church Gymnasium  
 11848 Hooper Road, Central  
 Register online at LaneRMC.org or  
 call 658-6766.  
 Registration deadline is February 17.

## DIABETES SUPPORT GROUP

A FREE support/encouragement  
 group for people dealing with Diabetes.  
**Tuesday, March 8**  
**Tuesday, April 12**  
**Tuesday, May 10**  
 6 pm – 7:30 pm  
 Lane Regional Medical Center  
 Family members and caregivers  
 encouraged to attend.  
 Call 658-4583 for more information.

## COLON CANCER SCREENING

**Tuesday, March 22**  
 8 am – 12 noon  
 Lane Medical Plaza  
 FREE screening kits for use in the  
 privacy of your own home.  
 Call 654-LANE (654-5263) for more  
 information.

## GLUCOSE SCREENING

**Tuesday, March 22**  
 (American Diabetes Association  
 Alert Day)  
 8 am – 10 am  
 Lane Medical Plaza  
 FREE blood glucose screening.  
 Fasting is recommended, but not  
 required.  
 Call 658-4583 or 654-LANE (654-  
 5263) for more information.

## AARP DRIVER SAFETY PROGRAM

A classroom refresher course for  
 drivers 50 and over.  
**Wednesday, April 6**  
 8:30 am – 1:30 pm  
 Lane Regional Medical Center  
 Registration is required/Seating is limited.  
 Call 654-LANE (654-5263).

## SAFE SITTER BABYSITTER TRAINING

A comprehensive babysitter training  
 course for boys and girls ages 11–13.  
**Thursday, April 28**  
 8:30 am – 3:30 pm  
 Lane Regional Medical Center  
 Registration is required/Seating is limited.  
 Call 654-LANE (654-5263).

## BLOOD DRIVE

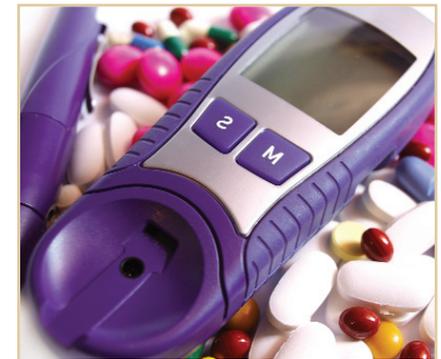
Coordinated by United Blood  
 Services and Lane RMC.  
**Friday, April 29**  
 7 am – 2:30 pm  
 Lane Regional Medical Center  
 Sign up online  
 @ [www.bloodhero.com](http://www.bloodhero.com) and enter  
 sponsor code: “LaneRegional”

## SCALE DOWN

FREE information sessions on the  
 HMR Weight Management Program.  
**Every Thursday**,  
 11:30 am & 7:00 pm  
 Scale Down Center  
 6300 Main Street, Building G  
 Located behind the hospital's fitness trail.  
 Registration is required/Seating is limited.  
 Call 658-4463.

## THE PREGNANCY WORKSHOP

An overview of what to expect for ex-  
 pecting Moms.  
 Partners are encouraged to attend.  
**Wednesday, May 4**  
 6 pm – 7:30 pm  
 Lane Regional Medical Center  
 Registration is required/Seating is limited.  
 Call 654-LANE (654-5263).



# LANE LINES

A Publication of Lane Regional Medical Center

6300 Main St., Zachary, LA 70791  
(225) 658-4000  
LaneRMC.org



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 [www.twitter.com/LaneRMC](http://www.twitter.com/LaneRMC)

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ZACHARY, LA



*Life moves fast.  
So do we.*

Get in the

 **FASTLane**

*Your After Hours Walk-In Clinic*

*We'll get you in & out in a hurry.*

At **FASTLane** you can expect the prompt care and attention you deserve. From routine physicals to fevers and coughs, sprains and strains, eye and ear infections, stomach viruses, and cuts and bruises, we'll be here ready and waiting. Plus, on-site X-ray, lab and drug screening services.

**FASTLane** is fully staffed by licensed physicians and conveniently located in Lake Pointe Centre, 19900 Old Scenic Highway.

Personal payment or most major insurance accepted.

Open when most physician offices are closed.  
Monday – Friday 2:00pm-10:00pm | Saturday – Sunday 9:00am-6:00pm

19900 Old Scenic Hwy. | [LaneRMC.org](http://LaneRMC.org) | 225.570.2618