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
Phone: (225)658-6766
Registration deadline is Thursday, February 17

* Presentation and skills training do not qualify as CPR certification.
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! Zoaar 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,

LETTER FROM THE CEO
Randall M. Olson

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Randall M. Olson

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

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

Bluetooth technology wirelessly pairs digital hearing aids to televisions, MP3 players, computers, stereos and cell phones. Wireless connectivity means no cables or wires, allowing for discreet and effortless communication.

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.

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

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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 caths 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 relative 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.

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

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.
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**

I 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
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, Angela Sibley; Miriam Everett, RN; and 5-year-old helper Ainslie.

Auxiliary News

Lane Auxiliary installs officers

The Lane Regional Medical Center Auxiliary installed officers for 2011: (L-R) Mary Whittington, Parliamentarian/Historian; Bobbie McCutcheon, Treasurer; Pauline Rushing, Corresponding Secretary; Sue Bean, Recording Secretary; Liz Duen, 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.

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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.
“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 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 expecting 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).
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 | 225.570.2618