New Treatment for Varicose Veins

Cardiovascular Institute of the South in Zachary is proud to offer VenaSeal, the very best and most advanced treatment for varicose veins.

Interventional cardiologist Dr. Deepak Thekkoot is one of the first to offer the VenaSeal non-surgical varicose vein treatment in the Greater Baton Rouge area.

Traditional treatment for varicose veins involve painful local anesthesia, but the VenaSeal treatment is almost painless because after the area is numbed, it is done under ultrasound guidance and uses a medical-grade adhesive injected directly into the vein to close the greater and lesser saphenous veins in the legs.

This unique approach eliminates post-procedure pain and bruising and the need for post-procedure compression stockings. The treatment is designed to allow patients a rapid return to normal activities.

To make an appointment for varicose vein treatment at Cardiovascular Institute of the South in Zachary, please call 225-654-1559.
Lane Regional Medical Center was named “2016 Acute Care Hospital of the Year” (61-160 beds) by the Louisiana Nurses Foundation and the Louisiana State Nurses Association to recognize excellence in nursing and quality service in the nursing and healthcare industry.

This is the second time the hospital has received this award.

The Nightingale Award for Acute Care Hospital of the Year is based on four criteria:

- innovation through nursing leadership and management within the hospital
- organizational initiatives supportive of nursing practices
- evidence of registered nurse decision making and participation in management decisions
- recognition of registered nurse achievements and support of nursing participation in professional organizations

Once again we are very proud of this recognition on a state-wide level.

We have a phenomenal group of professionals who work at Lane, and it is great that the judges from outside Louisiana confirmed that with this Award.

Our efforts are ongoing to ensure the patients who receive services here are given the very best care possible at all times.

-Randy Olson, Chief Executive Officer
Dear Friends:

Lane continues to make changes and improvements to better serve our patients! Some of our most recent highlights include:

- Launching of our newly redesigned website at www.lanermc.org to offer visitors easier access to services and health information with fresh new colors, improved design, easy navigation and meaningful content. Some enhancements that have been made on the website include:
  - Responsive design – easy to read and use on a variety of platforms such as laptop, iPad, mobile devices and desktops.
  - Find a Provider - quickly search for physicians and specialties.
  - Join Our Team - a user-friendly online application system making it easy for job seekers to apply.
  - Multimedia - featuring a video library, Facebook, Twitter and easy access to the latest news stories, health resources and the Lane Health Blog.

- Receiving the national Blue Distinction Center for Maternity Care designation to help prospective parents identify hospitals that deliver quality maternity care. Awarded by Blue Cross Blue Shield of Louisiana, our Labor & Delivery Unit is recognized for safely and effectively delivering quality specialty care. Meeting the strenuous criteria required of this designation is a testament to our physicians and staff and their commitment to the health of our patients.

- Celebrating the opening of AMG Specialty Hospital, a 16-bed, long term acute care facility on Lane’s campus. It will provide treatment for patients with medically complex needs who require hospitalization for an extended period of time, such as respiratory failure, ventilator weaning, post-operative complications, infectious disease, renal disease and multi-system failure.

- Planning for the dedication and unveiling of the soon-to-be completed Regional Veterans Park Association’s Wall of Veterans. The wall was constructed at the entrance of Lane’s fitness trail to honor the courage and sacrifice of those who served or are serving in the armed forces of the United States of America. The Wall of Veterans will provide a place to remember and thank veterans who committed themselves to protecting our rights and freedoms. The dedication event will be announced when available.

- Completing our new helipad to make it easier for critical care patients to be transported by emergency air services both to and from Lane.

It is with great pleasure that we again thank YOU, our patients, families and community members, for allowing our dedicated team of professionals to do what they do best – provide the community with the greatest healthcare services possible.

We appreciate your continued support and look forward to investing resources to care for you and your family for years to come. We have a great team here, and it shows!

Questions or comments? Please feel free to email me via our website: LaneRMC.org under “Contact Us” or call me directly at (225)658-4303.

Sincerely,

Randall M. Olson, CEO
Interventional Pain Management Brings Relief

Chronic and severe pain can keep you from doing the things you enjoy. It can be caused by injury, aging, disease or conditions such as osteoarthritis, cancer, multiple sclerosis, fibromyalgia or shingles. No matter where in the body - from the head, face, neck and spine, to joints, hands, legs and feet - pain can be debilitating.

No matter the cause, the interventional pain management specialists at DPI Pain Management deliver the most compassionate and advanced treatment options available.

Benefits of treatment include:
- Minimizes reliance on opioids or other prescription medications
- Enhances post-surgical outcomes
- Restores movement and function
- Improves sleep
- Reduces stress
- Return to work and other daily activities

Medical Director Victor Rodriguez starts with the least invasive options to control pain, with the goal of helping you regain and/or retain as much movement and function as possible. Advanced treatment options include:
- Epidural Block or Cervical Epidural Injections - for back or neck pain
- Neuromodulation Implant – a programmable device to stimulate the spinal cord and overcome pain signals
- Intrathecal Pumps – direct delivery of pain medication to the brain and spine
- Radiofrequency Ablation – uses radio waves for long-term relief
- Kyphoplasty – treatment for vertebrae and spine injury

For more information or to make an appointment at DPI Pain Management, please call 225-448-0448 or visit LaneRMC.org/PainManagement.
If you or someone you love smokes or uses tobacco and wants to quit, then Commit to Quit can help you successfully kick the habit.

The Louisiana Smoking Cessation Trust has funds available for smoking and tobacco cessation. Most, if not all, services are FREE, including:

- Physician evaluations
- Individual and group counseling sessions
- Prescription and over-the-counter medications

Find out if you meet the criteria and enroll in Commit to Quit today!!!
Simply call our Cardiovascular Institute of the South Tobacco Treatment Coordinator at 877-288-0011 or visit Cardio.com/QuitSmoking

It’s never too late to quit. Within a year of quitting, the risk of heart disease is 50% lower for former smokers compared to current smokers. Other cardio health benefits include:

<table>
<thead>
<tr>
<th>Time after quitting</th>
<th>Benefit</th>
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<tbody>
<tr>
<td>20 minutes after quitting</td>
<td>Your heart rate and blood pressure drops</td>
</tr>
<tr>
<td>12 hours after quitting</td>
<td>The carbon monoxide level in your body drops to normal</td>
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<tr>
<td>2 weeks to 3 months after quitting</td>
<td>Your circulation improves and your lung function increases</td>
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<tr>
<td>1 to 9 months after quitting</td>
<td>Coughing and shortness of breath decrease; cilia (tiny hair-like structures that move mucus out of the lungs) regain normal function, increasing the ability to clean the lungs and reduce the risk of infection</td>
</tr>
<tr>
<td>1 year after quitting</td>
<td>Your risk of coronary heart disease is half that of a smoker’s</td>
</tr>
<tr>
<td>6 years after quitting</td>
<td>Your stroke risk is reduced to that of a non-smoker</td>
</tr>
<tr>
<td>10 years after quitting</td>
<td>Your risk of dying from lung cancer is about half that of a smoker’s; the risk of cancer of the mouth, throat, esophagus, bladder, cervix, and pancreas decrease, too</td>
</tr>
<tr>
<td>15 years after quitting</td>
<td>Your risk of coronary heart disease is the same as that of someone who never smoked</td>
</tr>
</tbody>
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Delores Sutton, Marketing Coordinator, was named 2015 Employee of the Year for her dedication and outstanding work!

Having worked at Lane for more than 20 years, Delores serves on several hospital committees including the STAR Award, Blood Drive, Keep the Beat CPR Training, Employee Wellness, and HERO Club Employee Giving committee.

“Delores is very organized, efficient and is a great communicator,” says Julie McLin, Marketing Director. “She has a passion for her work and is a wonderful asset to Lane!”

Delores is a native of Plaquemine and a graduate of St. John the Evangelist Catholic High School. She and her husband, Donnie, live in Zachary and have three children, Ashley, Garrett and Nolan, and two grandsons, Troy and Jake.
Extraordinary Nurses = Remarkable Patient Experiences

Lane’s DAISY Award Honoree is Courtney Day, LPN.

Courtney is the Nurse Educator for the Staff Development Department and has been at Lane more than 15 years. She was Lane’s 2006 Employee of the Year and a STAR Award Honoree in 2013.

Courtney is an active member of the following committees: Nursing Shared Governance Council, Fall Prevention, ER Throughput, Electronic Health Records, Surgical Site Reduction, Chest Pain Accreditation, Nurses Week Celebration, Nursing Documentation, Keep the Beat CPR Training and Relay for Life. She is also an American Heart Association BLS instructor. She was born and raised in Zachary where she and her husband, Wayne, live with their son Morgan.

As Lane’s DAISY Award Honoree, Courtney received a certificate proclaiming her an “Extraordinary Nurse”, a DAISY Award pin, and a unique, hand-carved serpentine stone sculpture from Zimbabwe, entitled “A Healer’s Touch.”

To nominate an extraordinary nurse that has touched your life, please go to LaneRMC.org and click on the DAISY emblem!

The eight nurses nominated by patients and families, physicians and colleagues for the DAISY Award are (L-R): Miriam Everett, Blaine Alves, Cheryl Riles, Courtney Day, Tameka Veal and Florence Myers. (Not pictured: Re’Shan Coats and Jared Webb.)
Celebrate Nursing Award

The Baton Rouge District Nurses Association nominated Valerie Cathey, Jason Gwyn and Billie Pace for the Celebrate Nursing Award, which recognizes those who excel in nursing, encourage professional development and promote a positive image of nursing.

Jason Gwyn, unit director for Lane Endoscopy Center & Lane Infusion Center, was selected as an award recipient.

Employee Wellness Program

The American Heart Association recognized Lane as a Gold Level Fit-Friendly Company for its initiative of promoting physical activity and health in the workplace. This is the sixth consecutive year Lane has been chosen for this prestigious award.

#1 Materials Management Team in the Nation

Department leader Rhonda Ancar and the Materials Management team have received the GHXcellence Award for Excellence in Contract Management, recognizing Lane as an industry leader and the #1 hospital in the nation for contract management.

The award is based on demonstrated and exceptional commitment to supply chain excellence through clean, synchronized data, reduced errors and improved contract alignment.
Auxiliary Appreciation Breakfast

Members of the Lane Auxiliary were recently honored at the annual Auxiliary Appreciation Breakfast and received a pink rose in honor of their dedication and volunteerism. An average of 45 auxiliary members worked approximately 9,000 volunteer service hours to raise more than $20,000 to help support the hospital Foundation’s mission of providing access to the very best healthcare services, technologies and programs available in the region.

Most volunteers commit 2-4 hours per week in a variety of ways, such as helping guests at the information desk, distributing items to patients, and helping family members. To join the Lane Auxiliary and become a member of their 56-year tradition of volunteer excellence, please call 225-658-4309.

A Heart Pounding Success

Sixty-seven participants attended Lane’s recent “Keep the Beat” CPR class to learn hands-on, life-saving CPR skills and how to recognize and provide basic care for breathing and cardiac emergencies.

As a “thank you” for hosting the event, the Church of Christ in Zachary received an Automatic External Defibrillator (AED) for their use, a $2500 value. The event was sponsored by Cardiovascular Institute of the South and EMS.

For more details on CPR/AED training, please call 225-658-4587.

Medical Staff Officers

Dr. Thomas Kang has been elected Chief of Staff for 2016. Joining him are Drs. Juan Medina, Vice Chief of Staff, Thomas Trahan, Secretary/Treasurer, and Joshua Best, Medical Staff Representative to the Board.
The physician you choose to monitor your health, care for your unborn baby, deliver your newborn, or guide you through contraceptive or menopause options is more than a doctor. This person is an ally during some of life’s most momentous occasions and important decisions.

You’ll want someone whose capabilities you are completely confident in, someone you can be at ease with, and someone who gives ample consideration to your own preferences or concerns.

The physicians at Bayou Regional Women’s Clinic and Zachary OB/GYN Services are some of the area’s best obstetricians and gynecologists and remain committed to bringing you the best possible care and service.

Choose care you can count on, choose Lane!

Wellness for Women

Lydia D. Lewis, M.D.
Zachary OB/GYN Services
Ph: (225) 658-8868

Keith Elbourne, M.D.
Bayou Regional Women’s Clinic
Ph: (225) 658-1303

Joshua Best, M.D.
Bayou Regional Women’s Clinic
Ph: (225) 658-1303

Nikki Gautreaux, M.D.
Bayou Regional Women’s Clinic
Ph: (225) 658-1303

Where the road of life begins.
More than 300 people turned out to drive their dream car at the Drive 4 UR Community event. Superior Ford of Zachary sponsored the program which raised $6,000 for the LaneRMC Foundation.

The annual “Fish Fry Friday” fundraiser served more than 350 meals that were personally prepared by Zachary Mayor David Amrhein and staff. Breazeale, Sachse & Wilson, L.L.P. sponsored the event, raising $4,600.

Front row, L-R: Kate MacArthur, Jessica Ellis, Jennifer Mounts, Theresa Payment, Sharon Lea, Gordon Lipscomb, Charlene Smith, Rudi Shoats and Michal Kimble. Back row, Jeff Johnson, Lionel Lawson, Mayor David Amrhein, Darryl Wilcox and Councilman Brandon Noel.

Members of Lane’s employee giving club, the HERO Club, raised funds to purchase a new breast pump for the Baby Lane Labor & Delivery unit. This $1,300 donation will help new moms and babies for many years.

To make a personal donation to support the hospital’s mission of providing the very best healthcare services, technologies and programs, please contact Theresa Payment at 225-658-6699 or tpayment@lanermc.org.
If you or someone you care about is addicted to pain pills, alcohol, heroin, marijuana or other drugs, help for recovery and long-term sobriety is now available at Lane.

Because addiction treatment is not a one-size-fits-all, Lane Recovery Solutions provides individualized, medically-directed plans, including:

- comprehensive assessments
- individualized treatment plans
- group therapy
- individual counseling
- family counseling
- outpatient detoxification
- drug and alcohol testing
- relapse prevention training
- Vivitrol therapy
- medication management
- aftercare services and follow-up

Patients typically attend five days a week, usually 8:30-3:30, for approximately six weeks.

The program is overseen by Medical Director Dr. Louis Cataldie, a board certified addictionologist with more than 37 years of experience. He and his staff of licensed addiction counselors and registered nurses provide high quality therapy to address the physical, psychological, social and spiritual aspects of recovery.

Physician referrals are not required. Anyone may contact Lane Recovery Solutions directly, especially individuals who want to reclaim their lives from the torments of addiction, as well as family members, friends, employers, physicians and behavioral health professionals.

For more information or to schedule a confidential assessment, please call (225) 658-6640 or visit LaneRMC.org/LaneRecoverySolutions.

Supporting Your Decision to Change

Dr. Cataldie works with patients from all walks of life, including working professionals, healthcare personnel, expectant and stay at home moms, veterans, college students and retirees.

Katie Bell, RN, Louis Cataldie, MD, ABAM and Sarah Cobb, LPC, LAC have a passion for helping people recover from the brain disorder of addiction.
FOOD ADDICTS ANONYMOUS
A weekly support group to provide fellowship for men and women willing to recover from the disease of food addiction.
Every Thursday
5:30 p.m. – 6:30 p.m.
West Wing Conference Room
FREE. Registration NOT required.
Call Velma at (225)715-9268 for more details.

THE PREGNANCY WORKSHOP & BABY CARE BASICS
An overview of what to expect for expecting parents, and all you need to know to care for your infant in the first weeks of life.
10:00 a.m. – 12:00 p.m.
Saturday, June 18
Saturday, August 13
Saturday, October 22
Staff Development Classroom
FREE. Registration required.
Call (225)658-4587 to register.

SAFE SITTER BABYSITTER TRAINING CLASS
A comprehensive babysitter training course for boys and girls ages 11-13.
8:30 a.m. – 3:30 p.m.
Tuesday, June 28
Staff Development Classroom
$25.00 per person.
Registration is required.
Seating is limited.
Call 658-4587 to register.

INFANT CPR TRAINING
Learn the core skills of CPR for infants in this non-certified course for expecting and/or new parents, grandparents, family members and sitters.
10-11 a.m.
Wednesday, July 6
Wednesday, July 20
Wednesday, August 3
Wednesday, August 17
Wednesday, August 31
Staff Development Classroom
FREE
Registration is required.
Seating is limited.
Call 658-4587 to register.

BLOOD DRIVE
A blood drive coordinated by United Blood Services, the sole provider of blood to Lane Regional Medical Center.
7:00 a.m. – 2:30 p.m.
Friday, July 22
Friday, October 7
Donors are encouraged to schedule appointments online at UnitedBloodServices.org
Code: LaneRegional
Call (225)658-4587 for more details.

Acupuncture is a safe and effective means of treating a wide range of medical conditions. Find out how acupuncture can help you by contacting:
Aerin Couvillion, L.Ac.
Fleur de Lis Acupuncture
4710 McHugh Road, Zachary, LA 70791
(225) 658-6624

THE ACUPUNCTURIST IS IN!
Elizabeth Mako has been named Community Relations Coordinator at Lane Home Health.

A native of Fairfax Station, Virginia, Elizabeth will be responsible for overall marketing efforts, which include communication, physician relations, and business development. She is a graduate of James Madison University and has more than three years of marketing experience.

Elizabeth and her fiancé, Jordan Anderson, reside in Zachary with their dog, Nash. Since moving to the area, she enjoys discovering all that the Greater Baton Rouge area has to offer—restaurants, shops, and the local music scene.

For more information on Lane Home Health, please call (225) 658-4150 or visit LaneHomeHealth.com.

Paul Murphy, PMP, has been named Chief Information Officer at Lane Regional Medical Center.

Paul is responsible for overseeing all operational efforts in the analysis and design of Lane’s network infrastructure, including equipment, procedures, development and maintenance. He will work with various departments along with his team of developers, system administrators and network engineers to manage risks, control costs and improve operations.

A native of Baton Rouge, Paul has more than 15 years of IT experience. He graduated from Southeastern Louisiana University in Hammond where he received his Master’s Degree in Business Administration. He is a certified Project Management Professional and is past vice president of Professional Development for the PMI Baton Rouge Chapter.

Louie Cataldie, MD, ABAM, MRO has been named Medical Director of Lane Recovery Solutions, a substance abuse treatment program located at 4801 McRough Road, Suite A, in Zachary.

Originally from Alexandria, Dr. Cataldie graduated from Northeast University in Monroe. He earned his medical doctorate degree from Louisiana State University School of Medicine in New Orleans and completed his training in General Practice at Lafayette Charities Hospital.

Dr. Cataldie is Board Certified by the American Board of Addiction Medicine to provide detoxification, evaluation and treatment for both inpatients and outpatients wishing to recover from the brain disease of addiction. In addition to being a Diplomate of the American Board of Addiction Medicine, he is also a Certified Medical Review Officer.

Dr. Cataldie previously served as Medical Director for the Physician Health Program of the State of Louisiana, Medical Director for the Louisiana State Board of Nursing and Medical Director for the Office of Addictive Disorders for the State of Louisiana. He was also Coroner of East Baton Rouge Parish for two terms.

To schedule a confidential assessment, please call (225) 659-6640.

Dr. Victor Rodriguez, MD, has been named Medical Director of DPI Pain Management, an interventional pain management treatment program located at 4727 West Park Drive in Zachary.

Dr. Rodriguez was born and raised in Puerto Rico. He received his bachelor’s degree in Chemistry and Anthropology from Case Western Reserve University in Cleveland, Ohio and his medical doctorate degree from the Ponce School of Medicine in Ponce, Puerto Rico.

He completed his internship in general surgery at Tulane University School of Medicine and his anesthesiology residency at Louisiana State University School of Medicine in New Orleans.

Dr. Rodriguez is board certified in anesthesiology by the American Board of Anesthesiology and in interventional pain management by the American Board of Pain Medicine. He specializes in post-operative pain control and advanced techniques in the management of neuropathic and cancer pain.

He is a member of the American Society of Anesthesiologists, American Society of Regional Anesthesia, International Anesthesia Research Society, Louisiana State Medical Society, and American College of Sports Medicine.

He is happily married to Myriam A Ortiz De Jesus, a pediatrician, and together they are raising a beautiful son.

To make an appointment, please call DPI Pain Management at (225) 448-0448.
We are pleased to announce the opening of Lane NeuroSpine Destination Center for the delivery of minimally invasive laser, endoscopic, percutaneous and open surgical procedures for patients suffering from lumbar, cervical, thoracic, wrist and musculoskeletal pain.

Located on Lane’s campus at 6110 Main Street, Suite B, Lane NeuroSpine Destination Center was developed in strategic alliance with SpineMark, a developer of spine destination centers for the diagnosis and treatment of back and neck problems.

The Center provides cutting-edge services include sacroiliac joint fusion, microdiscectomy, kyphoplasty, cervical disc fusion and replacement, laminectomy, carpal tunnel repair, pallidotomy, shunt placement and removal, and radiofrequency ablation.

Dr. Adam Lewis, an accomplished neurosurgeon, has been named Medical Director. "It is important for patients to be evaluated by a qualified team that can determine an individualized treatment course based on an individual’s specific conditions and needs," he says. "Our goal is to effectively and efficiently diagnose the source of pain so we can get patients started on the most appropriate treatment plan to improve their quality of life."

For more information or to request a consultation appointment, please call 225-570-2300.

Specializing in Neurological and Laser Spine Techniques

Medical Director
Adam Lewis
FASTLane Urgent Care has expanded its Occupational Medicine Services and is now a certified Breath Alcohol Testing facility offering both Non-DOT and DOT drug and alcohol testing, as well as eScreen and DISA drug tests.

Scheduled testing is available Mon-Fri from 7 a.m. – 10 p.m. by calling Lane Service Coordination at 1-888-977-3319.

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