

Healthy Lifestyles

Health and wellness news from Methodist Medical Center | 865.835.4662 | www.mmcoakridge.com | My CARE. My Methodist.

Knock Down the Hurdles to Breastfeeding

Breastfeeding is one of the greatest health advantages you can give your infant.

A breastfed baby may be less prone to ear infections and diarrhea. The child may also face less risk of developing diabetes, obesity, and asthma, the American Academy of Pediatrics (AAP) says. The AAP also recommends breastfeeding because of its association with the reduced risk for sudden infant death syndrome (SIDS).

Ideally, you should breastfeed exclusively for the first six months, with a goal of continuing breast milk for at least the first year. But you may face obstacles.

Both mom and baby must learn how to breastfeed in the first few days. This is the time when antibody-rich and easily digestible colostrum is produced. Some mothers worry that colostrum isn't enough to nourish their baby, but it's the perfect food for newborns. Breast milk comes in for most mothers from two to five days after birth.

Moms who want to keep breastfeeding when they go back to work may face barriers such as a supervisor's lack of support or rigid work hours.

Knowing the hurdles helps you find ways around them. Here are some tips:

- **Let your labor nurse know that you would like to have your new baby placed naked against your bare skin right after delivery.** This



skin-to-skin interaction calms your infant and helps in the transition to the new environment.

- **Tell the hospital you want only breast milk for your newborn.** If someone recommends formula, discuss this with your pediatrician prior to feeding it to your baby. Sometimes, you can use your own milk to supplement rather than formula. Keep your baby in your room during your hospital stay. This will allow you to learn the signs that your baby is hungry and would like to nurse.

- **Don't worry if you don't have a lot of milk in the first 72 hours after the birth.** You are making everything that your baby needs. The newborn stomach is very small and does not need much colostrum to fill it up.

- **If your baby isn't latching on properly your nipples can get sore.** Have an expert watch you feed your baby and offer suggestions.

- **Talk with your superiors and colleagues to arrange for breastfeeding or pumping at work.** If you let coworkers know how important breastfeeding is to your baby, they're more likely to help you.

- **You may experience minor pain from a plugged milk duct.** Drinking lots of liquid and encouraging your baby to breastfeed frequently may resolve the problem. But if you're achy or feverish, see a doctor. You may have an infection that requires medication.

- **Get information from sound sources.** These include your pediatrician, the AAP, or a certified lactation consultant.

- **Take care of yourself.** Continue taking your multivitamin, stay hydrated (drink a 10 oz. glass of water or non-caffeine fluid every time you breastfeed to keep up your milk supply), and try to eat healthy. Remember that nursing your baby is a time to relax and enjoy the bond of motherhood.

- **Be realistic about the hurdles of breastfeeding so you don't give up.** If you have questions or concerns, consult your health care providers before you discontinue nursing.

Great Beginnings Start Here

The expert staff in Methodist Medical Center's Family Birthing Center provide breastfeeding mothers with as much information and education as possible to help make

breastfeeding a healthy and happy experience for both mom and baby. Methodist offers both daytime and evening breastfeeding classes prior to birth. Once a baby is born, personal breastfeeding support is offered by staff including an international board-certified lactation consultant. Mothers are also provided handouts and educational videos for continued help.

During this learning period, babies can become very fussy. If mothers aren't provided solid moral support, they can lose their confidence and abandon breast-feeding. That's why the Methodist Family Birthing Center provides mothers with additional resources such as breastfeeding support groups, supplies, and information on breast pump rentals. Methodist also offers a new class called "Bringing Up Baby," which is open to both parents and grandparents to ensure a new mother's family is educated in the best way to provide her support and encouragement. Family Birthing Center staff also follow-up after delivery with discharge phone calls and will even schedule follow up visits at any point in the post partum period if the mom needs additional help breastfeeding.

Methodist also provides breastfeeding support to mother's who've delivered at other facilities.

"We offer breastfeeding

support to anyone who needs it, even if they have not delivered at Methodist Medical Center," says Cheryl Stallings, RN, an International Board Certified Lactation Consultant in the Family Birthing Center. "We have new residents to Oak Ridge that call asking for assistance and we have provided on-going breastfeeding support."

Celebrating World Breastfeeding Month

To celebrate World Breastfeeding Month, Methodist Medical Center, the Anderson County Health Department and La Leche League will host Baby's Best Fest, a free event featuring a family ice cream social, children's activities, community resources and more.

Baby's Best Fest will take place Thursday, August 4 from 6 - 7 p.m. at the Bissell Park Playground, located at 1401 Oak Ridge Turnpike.

Ice cream quantities are limited. Bring your picnic blanket, your family and your friends and show your support for breastfeeding and giving your baby the best start possible! For more information, visit mmcoakridge.com/best-fest.

If you are interested in learning more about the breastfeeding and family classes offered at Methodist Medical Center, or for more information about Baby's Best Fest, please call (865) 835-4662.

Breastfeeding Helps Mothers and Children

There's nothing like breastfeeding to put kids on the path to good health. Breastfeeding has multiple benefits for babies, including lower risk for ear and respiratory infections, allergic skin disorders, intestinal infections, type 2 diabetes, and sudden infant death syndrome (SIDS). The American Academy of Pediatrics strongly recommends breastfeeding for six months. At 6 months of age, the AAP recommends adding solid foods and continuing with breastfeeding for at least one year. Breastfeeding can continue as long as both the mother and baby wish.

The benefits of breastfeeding extend beyond the time of infancy.

Research shows that children who were breastfed are less likely to be overweight adolescents than children who were formula-fed as infants.

Mom wins, too

Benefits for breastfeeding moms include decreased risk for breast and ovarian cancer and type 2 diabetes. Breastfeeding can also help you lose



It's important for a breastfeeding mom to have great support from her loved ones. Methodist's Bringing Up Baby class is a great way for both parents and grandparents to prepare for a new baby and learn how to give a new mom that support.

the pounds you put on during pregnancy.

Class is now in session

Methodist Medical Center offers a variety of classes to help expectant parents prepare to welcome a new baby into the family. To best meet the busy schedule of a mom-to-be, Methodist offers both daytime and evening breastfeeding classes. The next Breastfeeding Evening Class will take place on Tuesday, July 26 from 6 - 8 p.m. The Daytime Breastfeeding Class

will take place on Tuesday, August 9 at noon.

Both parents and grandparents will benefit from Methodist's newest class, Bringing Up Baby, which teaches new parents about baby care techniques and safety and helps grandparents understand how to best support a new mom. Bringing Up Baby will take place on Saturday, August 27 from 10:30 - noon.

To learn more about these and other classes or to register, call (865) 835-4662.

Breastfeeding and the Working Mom

Employer support will be beneficial to successfully continuing breastfeeding. Discuss your plan to continue to breastfeed, and your need to pump or express breast milk during the workday, with your employer when you are pregnant or before you return to work.

Be sure your employer understands that continued breastfeeding, and providing your milk by pumping at work, are not just good for your baby—they also are good for the company. Evidence indicates that employer support for continued breastfeeding, and the breast-pumping breaks it requires, results in fewer employee absences and increased worker productivity. This makes sense when you consider that:

- Your breastfed, or breast milk-fed, baby is less likely to develop many kinds of infectious illnesses, so you are less likely to take days off to care for a sick baby.

- You are less likely to be distracted on the job because you had to leave a sick baby

with a sitter or because you are concerned about milk production or some other breastfeeding-related issue.

- If you are able to pump every few hours, you are less likely to develop a mastitis (breast infection)—a situation that may require that you take one or more days off work.

Let your employer know that frequent workday breast-



pumping breaks do not continue indefinitely. The number will decrease during the second half of your baby's first year, as he or she develops and eats more solid foods.

Other work place issues to consider might include the following:

- Will you be able to take breast-pumping breaks close to your baby's feeding schedule or must pumping wait for scheduled worksite breaks and lunch periods?

- Is there a place where you may go to pump or express your breast milk privately? Fair labor standards require provision for a clean area to express your breast

milk privately. Bathrooms, although private, are not an appropriate space.

- Is there a refrigerator to store breast milk in during the day, or do you need to bring an insulated cooler for storage?



Baby's Best Fest

A Celebration of World Breastfeeding Month

Thursday, August 4
6 - 7 p.m.
Bissell Park Playground

1401 Oak Ridge Turnpike

When it comes to a baby's nutrition, breast is best. Show your support for breastfeeding and all its benefits at this free, family-friendly event featuring an ice cream social, kids' activities and community resources. Bring a picnic blanket and join the celebration!

For more information call (865) 835-4662.

Sponsored by



La Leche League

Anderson County Health Department

GROW OLDER IN GOOD HEALTH

No pill or potion can guarantee you a long life filled with good health. Modern science has discovered, however, that people who follow certain commonsense health practices tend to live longer, healthier lives than those who don't. The U.S. Department of Health and Human Services has outlined a list of diet, exercise, and health objectives for Americans. Get a jump on the rest of your life by committing yourself to making the following changes in your lifestyle today.

Eat a variety of foods

As you age, you might need less energy, which means fewer calories. But you still need 40 nutrients best provided by food. A healthy diet can help reduce your risk for osteoporosis, high blood pressure, heart disease, and certain cancers. The critical part of a healthy diet is variety. Fruits and vegetables supply fiber and a wealth of essential vitamins and minerals. To make sure you are getting a variety, choose fruits and vegetables in a range of colors. Milk and dairy products are packed with calcium, but be sure to select low-fat varieties. Lean meats, fish, poultry, and dried beans provide protein, but don't overdo—two 3-ounce servings a day are adequate. Whole-grain breads and cereals supply fiber and complex carbohydrates and should make up the major part of your diet. Avoid or limit foods with lots of calories but few nutrients, such as chips, cookies, soda, and alcohol.

Maintain a healthy body weight

Obesity, defined as having a body mass index of 30 or greater, puts you at greater risk for a variety of health problems. These include heart attack, coronary artery disease, high blood pressure, diabetes, arthritis, and cancer. Eating too many calories or

not being physically active enough to burn the calories you eat will make you overweight. To maintain your weight, balance the calories you eat with the energy you burn. To lose weight, you must use more calories than you eat. To control weight: eat smaller portions at each meal, drink less alcohol, be physically active, choose low-fat and low-calorie foods, and drink water instead of sugary beverages.

Exercise for 30 minutes a day

Regular exercise can help you become physically fit, decrease your risk for falls, stay mentally alert, and keep your bones strong. You don't have to run marathons to stay in condition. For aerobic exercise—exercise that increases your heart rate—take a brisk 30-minute walk or swim or bicycle for 30 minutes most, if not all days of the week. That can be enough to keep your heart and major muscle groups in adequate shape. For optimum fitness, add stretching and strength-training regimens to your aerobic workout. If you've been inactive, use a sensible approach and start out slowly.

Methodist and Covenant Health offer exercise classes for people of all ages and various fitness levels. Call (865) 835-4662 for a free class catalog.

Get plenty of sleep

Both your mind and body need adequate sleep. The American Geriatrics Society (AGS) says older adults need at least seven to eight hours a night. People who don't get enough sleep have trouble concentrating, remembering things, accomplishing daily tasks, and handling stress. Too little sleep is also associated with greater risk for motor vehicle accidents, and health conditions such as obesity, diabetes, and heart problems.



If you are having trouble sleeping or have continued fatigue during the day, you may need to be evaluated. Talk with your physician about a referral to the Methodist Sleep Diagnostic Center or call (865) 835-3810 for more information.

Brush and floss your teeth

Tooth decay and gum disease can be painful and disruptive. Fortunately, a program of good dental hygiene that includes brushing and flossing at least once a day can help prevent most serious problems.

Wear your seat belt

Seat belts save lives. Be sure you and your passengers buckle up every time you get in the car, even for short trips in your neighborhood.

Drink alcohol only in moderation

In excess, alcohol can damage your liver, pancreas, brain, and heart, and increase your cancer risk. If you do drink, stay within the limit. The AGS says that is one drink per day for older men and a half-drink

daily for older women. One drink is defined as 12 ounces of beer, six ounces of wine, or 1 ounce of distilled liquor.

Avoid tobacco

Cigarette smoking, or chronic exposure to secondhand smoke, can lead to a host of diseases. These include heart attack, hardening of the arteries, emphysema, chronic bronchitis, and cancer. Women who smoke have earlier menopause.

Need help to quit? Methodist partners with American Lung Association to make "Freedom from Smoking" classes available to the public. Call (865) 835-4662 for a listing of the next class offerings.

Keep your immunizations up to date

Don't think shots are strictly for children. Adults up to age 64 should have one tetanus/diphtheria/pertussis booster and after that a tetanus/diphtheria booster every 10 years. Adults age 65 and older should have a diphtheria-tetanus booster

every 10 years. All adults older than 64 and others at high risk should get a one-time vaccination against pneumococcal pneumonia. Everyone 6 months and older should have an annual seasonal flu shot. Vaccines for Hepatitis A and Hepatitis B are also recommended for at-risk individuals. Your health care provider can recommend when these vaccinations are required.

In addition, the CDC recommends that older adults receive two doses of the varicella vaccine if they haven't been previously vaccinated or had chickenpox in the past.

A single dose of the shingles (herpes zoster) vaccine is recommended for adults 60 and older regardless of whether they have had an episode of shingles. Shingles is a painful, localized skin rash, often with blisters, that is caused by the varicella zoster virus (VZV), the same virus that causes chickenpox. Anyone who has had chickenpox can develop shingles because VZV remains in the nerve cells of the body after the chickenpox infection clears and can reappear years later, causing shin-

gles. Shingles most commonly occurs in people 50 and older, people who have medical conditions that keep the immune system from working properly, and people who receive immunosuppressive drugs.

Make the most of your health care visits

It's important to see your health care provider regularly and get any recommended health screenings. For each doctor visit, make a list of questions you have, as well as a list of all prescription and over-the-counter medications and herbal products you take.

If you have several chronic health problems, consider seeing a geriatrician—a doctor with special training in treating older adults.

Need help in finding just the right doctor? Methodist offers physician referral specialists who can talk with you, help you understand your options and put in touch with the right physician for you and your family's needs. Call (865) 835-4662 to speak with your personal physician referral specialist today!

Make time for activities you enjoy

Besides making for a dull life, all work and no play can lead to health problems.

Stay involved in the community in ways you enjoy. Go where people are active in ways that appeal to you, whether religious, civic, or social. You'll find voluntary organizations are eager for people who are willing to help.

Volunteering is a great way to stay connected with friends and give back to your local community. For more information on volunteering opportunities at Methodist, call (865) 835-4180.

Not All Headaches are Created Equal

There are about 200 different kinds of headaches. It's no wonder so many people are calling Dr. Henry Hooker for help.

Dr. Hooker is a board-certified neurologist, subspecialty board-certified in headache medicine. While there are some 200 different kinds of headaches, and a large percentage of the population suffers from them, there are only 418 certified headache specialists in the U.S.

The definition of migraine is broad, but Dr. Hooker says it's basically a recurring headache, usually pulsating, that can appear on one side of the head or all over. It's associated with multiple symptoms, the most common being nausea, sensitivity to light, and sensitivity to sound.

Some of these headaches can include "aura," or a perceptual disturbance, like visual changes or numbness and tingling on one side of the body. There can be weakness on one side of the body, or difficulty in speech.

Some migraines can last from four hours up to three days. Chronic migraines take up more than half of a month, with more than eight days of very severe pain.

"A lot of people think,

'Well I've got this nagging, low grade headache in the front of my head all the time. That can't be a migraine,' but actually it can be," says Dr. Hooker.

Once Dr. Hooker has a chance to sit down and talk to a patient, it doesn't take long to arrive at the actual diagnosis of migraine. Trying to treat the patient can take longer.

"Sometimes we hit a homerun," Dr. Hooker says, "and sometimes people get better in a week or two or three." On the other hand, he says sometimes it takes several months to try to find the right treatment, and sometimes it can take more than a year.

But no matter how long it takes, Dr. Hooker's patients say it's worth the wait.

Dr. Hooker says treatment usually includes three steps. The first step is to make sure the diagnosis is right. The second step is a headache diary, carefully reviewed to help determine what's causing the headaches or making them worse. Then there's the process of treatment, which includes making sure the medication is right. For most patients, physical therapy is also prescribed.

"That's a big, big part of treating headaches,"

Dr. Hooker says. "I know physical therapists who specialize in treating headaches."

Dr. Hooker says it's time to seek a specialist's help for treating a migraine when it begins to affect your lifestyle and interfere with your daily activities.

"When you can't have a normal life at home with your family, or if a bad headache and nausea affect your work," Dr. Hooker says, "if it affects your activities of daily living, it's time to see a doctor."

Dr. Hooker points out that it doesn't have to be a chronic migraine that encompasses most of the days on your calendar, either.

"Some people only get two headaches a month, but those two are horrible," Dr. Hooker says. "That can make you miss work two days a month, and that's bad."

"Migraine is extremely common," Dr. Hooker says, "and a lot of people are suffering unnecessarily."

To learn more about Dr. Hooker and other services through Methodist Medical Center, call (865) 835-4662. For more information about the Headache Center, visit cumberland-neurologygroup.com

When You Stop Smoking, Benefits Are Immediate & Long-term

When you stop smoking, you can expect to see a number of benefits almost immediately, as well as years into your future, according to the American Cancer Society.

In the short-term, your breath improves, your stained teeth become whiter, your hair and clothing smell better, yellow fingers and fingernails return to their normal color, and food tastes better.

More importantly, you should reap a number of benefits from the standpoint of your health:

- 20 minutes after quitting: Your heart rate and blood pressure drops.
- 12 hours after quitting: The carbon monoxide level in your blood drops to normal.
- Two weeks to three months after quitting: Your circulation improves and your lung function increases.
- One to 9 months after quitting: Coughing and shortness of breath decrease; cilia (tiny hair-like structures that move mucus out of the lungs) regain normal function in the lungs,



increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.

- One year after quitting: The excess risk of coronary heart disease is half that of a smoker's.
- Five years after quitting: Your stroke risk is reduced

to that of a non-smoker five to 15 years after quitting.

- 10 years after quitting: The lung cancer death rate is about half that of a person who continues smoking. The risk of cancer of the mouth, throat, esophagus, bladder, cervix, and pancreas also decreases.

- 15 years after quitting: The risk of coronary heart disease is the same as a non-smoker's.

And just 4 weeks after reading this, you could be starting your first smoking cessation class! Learn more at mmcoakridge.com/stopsmoking.

Smoking Cessation Class Series Starts Aug. 2

Freedom from Smoking® is an eight-class series developed by the American Lung Association and is offered by Methodist Medical Center's Cardiopulmonary Rehab program. Class participants work with an instructor from Methodist to identify people, places and things that trigger their urge to light up; create a stop smoking plan that fits their individual needs; and receive support to help avoid a relapse. The fee of \$50 per person is refundable upon completion of all 8 classes. Registration is required. The next class series will meet on Aug. 2, 9, 16, 23, 30, Sept. 6, 13, and 20, from 5 - 6 p.m. at Westmall Medical Park, Suite 360, 200 New York Ave., Oak Ridge. To register, please call (865) 835-4662 or 1-800-468-6767.

Methodist Medical Center's August Classes: Prepare for Your Baby's Birth, Exercise for Better Health, Find a Support Group to Meet Your Needs

Whether you want to get in shape, prepare for the birth of a baby or find support from others going through a similar experience, Methodist has a class for you!

Classes will be held at the hospital, located at 990 Oak Ridge Turnpike in Oak Ridge, unless otherwise noted. For more information and registration, call (865) 835-4662 or 1-800-468-6767.

Community Classes

Smoking Cessation Class Series begins August 2

When you stop smoking, your body begins to enjoy the benefits almost immediately, and those benefits can last a lifetime. Methodist's cardio-pulmonary rehab program offers Freedom from Smoking®, an 8-part class series to help you quit smoking. Participants work with an instructor to identify people, places and things that trigger their urge to light up; create a stop smoking plan that fits their individual needs; and receive support to help avoid a relapse.

The American Lung Association developed Freedom from Smoking® classes. The fee of \$50 per person is refundable upon completion of all 8 classes. Registration is required. The series will meet on Aug. 2, 9, 16, 23, 30, September 6, 13, 20 from 5 – 6 p.m. in Methodist's Cardio-pulmonary Rehab Classroom, Suite 360, Westmall Medical Park, 200 New York Ave., Oak Ridge. To register, please call (865) 835-4662 or 1-800-468-6767.

Mended Hearts Support Group, Thursday, August 18 at 6 p.m.

Mended Hearts offers peer-to-peer support for those affected by heart disease including patients, families and caregivers. The group meets the third Thursday of the month in the Cheyenne Ambulatory Center Conference Room, 944 Oak Ridge Turnpike. To learn more call (865) 806-3013.

Grief Support Group, Wednesday, August 24 at 10 a.m. or 3 p.m.

Covenant Hospice offers ongoing monthly grief support groups. The Oak Ridge group meets on the fourth Wednesday of each month at 10 a.m. or 3 p.m. in the Legacy Room of Methodist Medical Center. The group offers a safe environment where those who have experienced the death of a loved one can find comfort, support and hope. The grief support group meetings are open to the community and



are free of charge, but registration is required. For more information or to register, please call (865) 541-4500 or (877) 334-4500 or visit covenanthomecareandhospice.com/griefsupportgroups.

Stroke Support Group, Tuesday, August 30 at 4 p.m.

Stroke survivors and caregivers are welcome to attend this support group, which meets the last Tuesday of the month in the Cheyenne Ambulatory Center Conference Room, located at 944 Oak Ridge Turnpike. This program is sponsored by Methodist Therapy Services. Call Janie at (865) 494-7350 or Faye at (865) 482-4474 for more information.

Health Night on the Town, Tuesday, August 30 at 7 p.m.

When a person is diagnosed with cancer they are not alone. At Methodist Medical Center, there is a range of support services to ensure patients receive excellent care through every aspect of their treatment and recovery. Learn about Methodist's Cancer Support Services including Patient Navigation, the Thompson Cancer Resource Center and the Hospitality Houses as Kim Maes, manager of Cancer Support Services discusses these services at Health Night on the Town. The program will take place in hospital's Ridge Conference Room, 990 Oak Ridge Turnpike. Health Night is free and open to the public. For more information, call (865) 835-4662.

Classes for New, Expectant Families

Great Expectations Three-Class Childbirth Series, Mondays, August 1, 8, 22 from 6 – 9 p.m.

This three-class childbirth series takes expectant mothers and their families through topics related to childbirth, delivery and newborn care. You will learn about the signs

of impending labor, managing active labor, pain management, delivery, c-sections and post-delivery care. All classes in this series meet in the Cheyenne Conference Room in Cheyenne Ambulatory Center, 944 Oak Ridge Turnpike, Oak Ridge. The course fee is \$35 per family, and financial assistance with the cost is available to eligible participants. To register, call (865) 835-4662 or 1-800-468-6767.

Breastfeeding Daytime Class, Tuesday, August 9 from noon – 2 p.m.

If you're thinking about breastfeeding, Methodist Medical Center encourages you to register now for this two-hour daytime class where you will learn information that can help you succeed with breastfeeding. Bring your lunch and join us in Methodist's Family Birthing Center, which is located on the hospital's second floor. Registration is required, and the cost is \$10. Call (865) 835-4662 for more information or to register. Financial assistance with the cost is available to eligible participants.

Mommy2Mommy Lunch, Friday, August 26 at Noon

Mommy2Mommy Lunches give women with babies and young children an opportunity to get together in a relaxed setting. Share experiences with other new mothers, have fun and make friends. Bring your babies or young children to the Cheyenne Ambulatory Center conference room at 944 Oak Ridge Turnpike. A light lunch is served at no charge. For more information, call (865) 835-4662 or 1-800-468-6767.

Infant CPR, Saturday, August 27 from 9-10 a.m.

New parents, grandparents and others learn life-saving CPR techniques that are designed especially for babies during the Infant CPR class at Methodist. Handouts are

available at no charge. The class fee is \$10 per family, and financial assistance with the cost is available to eligible participants. To register, call (865) 835-4662 or 1-800-468-6767.

Bringing Up Baby: A modern class for parents and grandparents. Saturday, August 27 from 10:30 a.m.-noon

So you have a baby, now what? Childbirth classes prepare you for the delivery of your child, but what do you do when you go home? Join Methodist Medical Center for Bringing Up Baby, a class for new parents and grandparents to learn up-to-date baby care techniques and safety. A lot has changed since your parents raised you, so while new moms learn about postpartum depression, safe sleep strategies for baby, the importance of breast milk, what's normal and what's not, and how to understand a newborn's needs, grandparents will get a refresher in modern baby care and will learn ways they can best support a new mom. To register or for more information, call (865) 835-4662.

Breastfeeding Evening Class, Monday, August 29 from 6- 8 p.m.

If you're thinking about breastfeeding, Methodist Medical Center encourages you to register now for this two-hour evening class. We meet in the West Ridge Room of Methodist Medical Center, located at 990 Oak Ridge Turnpike in Oak Ridge. You will learn more about the benefits of breastfeeding for yourself and your baby, as well as effective techniques. Handouts are provided and other suggested materials are reviewed. The fee is \$10, and financial assistance with the cost is available to eligible participants. To register, call (865) 835-4662 or 1-800-468-6767.

Classes by Appointment

Big Brothers & Big Sisters: The Sibling Experience

The birth of a baby is exciting for everyone in the family, especially a big brother- or big sister-to-be. The Sibling Experience is for 3- to 12-year-old boys and girls in expectant families. The children have hands-on fun while learning about and preparing for the upcoming birth of a baby in their family. The fee is \$10, and help with the cost is available. The program is a 1-time event for each family, and can be scheduled by calling (865) 835-4662 or 1-800-468-6767.

Before Baby (pre-pregnancy planning)

Methodist Medical Center encourages prospective parents and community groups that work with young adults to schedule a pre-planning pregnancy class. The class helps young people make informed decisions about pregnancy and provides community organizations with valuable information. Instructors are members of the Family Birthing Center staff. There is no charge. To make an appointment, call (865) 835-2250.

One2One Childbirth

When transportation problems, language issues, and other special situations make it impossible for expectant couples to attend regular childbirth classes, the Family Birthing Center staff may see those couples by appointment. The class fee is \$30. Call (865) 835-2250 for details.

VIP (Very Important Pregnancy) Tour

If you are pregnant, Methodist invites you to a VIP Tour of the Family Birthing Center in anticipation of your Very Important Pregnancy. The VIP Tour is valuable for women during all phases of pregnancy, especially those who are newly expectant. You will meet with a registered nurse from the Family Birthing Center who will answer your questions, tell you more about our Family Education Program, discuss pediatric care, and give you a personalized tour of the Family Birthing Center. Make an appointment through your doctor's office or call (865) 835-4662 or 1-800-468-6767.

Pre-Admission Visit

Your pre-admission visit takes place in the Family Birthing Center and is necessary if you plan to deliver your baby at Methodist Medical Center. We encourage you to schedule this visit when you

are 36 weeks along in your pregnancy. You will meet with a nurse to complete the paperwork related to your admission to the hospital when you're ready to give birth, and we will answer your questions. To schedule a pre-admission visit, please call (865) 835-4662 or 1-800-468-6767.

Mommy & Me Exercise Classes

No more excuses, moms! Methodist Medical Center offers two kid-friendly exercise classes each week, and the environments are climate controlled.

Mommy & Co. Exercise, Wednesdays, 10:30-11:30 a.m.

New moms and their babies/toddlers are invited to take part in this adventure in exercise. Classes are held at the Kern United Methodist Church's Family Life Center, 451 E. Tennessee Ave., in Oak Ridge, and the class is free. Call (865) 835-4662 to learn more.

Mommy Walk/Baby Roll, Tuesdays at 9 a.m.

Put on a pair of good walking shoes and bring your child to First Baptist Church of Clinton's Family Life Center, 225 N. Main St., Clinton. You'll join other moms and their young children for walking, making friends and having fun. Call (865) 835-4662 for questions.

BodyWorks Fitness Classes

BodyWorks, a community exercise program sponsored by Covenant Health, is designed to give adults safe and effective workouts. While BodyWorks is a not-for-profit program, there is a minimum fee to help offset costs. Most classes cost \$2-3 per class, and you pay as you go. For more information about BodyWorks classes, call (865) 374-0457 or go to www.covenanthealth.com/bodyworks.

CardioMix, Tuesdays and Thursdays at 9:15 a.m.

Get a great workout! You will burn calories, increase your stamina, and tone those muscles, while going easy on your joints. We use a variety of styles to keep CardioMix interesting. We will push you moderately hard, but we don't jump or run. This class meets at First Baptist Church of Clinton, 225 N. Main St., Clinton. Bring a mat because we go to the floor for great core work. For more information call (865) 374-0457.

Sleep Apnea: Condition Can Be Mild Problem or Life-Threatening

Obstructive sleep apnea is a disorder that involves the cessation of breathing for 10 seconds or more at least five times per hour during sleep. It can be a mild problem or a life-threatening condition.

When people with this problem sleep, their muscles relax and upper airway tissues located in the back of

their mouth and throat collapse, which blocks breathing. They awaken enough to begin breathing again, but may not wake up enough to realize what is happening. Some people also snore and choke. These symptoms may occur several hundred times a night, which prevents people from getting the deep stage sleep they need.

The consequences can be severe. People with this disorder may experience extreme daytime sleepiness and are at significantly higher risk for car accidents than other people. They also are at higher risk for developing high blood pressure and cardiovascular disease, including heart failure. Those with co-existing heart and lung conditions, anxiety, depression, acid reflux, chronic fatigue, headaches, and diabetes often see improvement in these health problems when their sleep apnea is treated.

Other narrowing, contributing to increased risk of developing symptoms of apnea. However, not everyone who is overweight has sleep apnea, and people who are thin may have the disorder.

Risk Factors

An estimated 20 million Americans have some degree of sleep apnea, but only 500,000 are receiving appropriate care. Risk factors for sleep apnea include:

Male gender: Men are twice as likely as women to have sleep apnea. One reason for the difference between genders is thought to be related to female hormones having a somewhat protective effect against sleep-disordered breathing.

Obesity: Fat deposits in the upper airway cause fur-

ther narrowing, contributing to increased risk of developing symptoms of apnea. However, not everyone who is overweight has sleep apnea, and people who are thin may have the disorder.

Neck size: A thick neck may narrow a person's airway. A collar size of 17 inches or more in men and 16 inches or more in women are associated with an increased risk for obstructive sleep apnea.

High blood pressure: Many people with high blood pressure have sleep apnea. There are many causes of high blood pressure, and the contribution of untreated sleep apnea is well known. Events that occur during an apnea place more burden on the heart and blood vessels

Family history: People whose family members have sleep apnea are at increased risk for the condition.

Smoking: Smokers are at higher risk because smoking can cause inflammation and fluid retention in the upper airway.

Treatment

Treatment is designed to meet each individual patient's needs. People with mild sleep apnea may require no treatment. Others who are mildly affected may benefit from lifestyle changes such as altering their sleep habits, losing weight, using over-the-counter nasal strips, and stopping smoking. People also should avoid consuming alcohol within four hours of going to bed, and they should not take tranquilizers and sleeping pills. These medications may cause throat tissue to relax, which interferes with breathing.

Many patients benefit from wearing a Continuous Positive Airflow Pressure (CPAP)

mask, which sends a stream of air into the nose and keeps the nasal passages open during sleep. Dental appliances that hold the tongue in a specific position may be helpful in keeping the airway open, as well.

In severe cases, patients may require surgery to remove some of the soft tissue in the airway or back of the throat, to correct facial or throat abnormalities, or to clear obstructions in the nose.

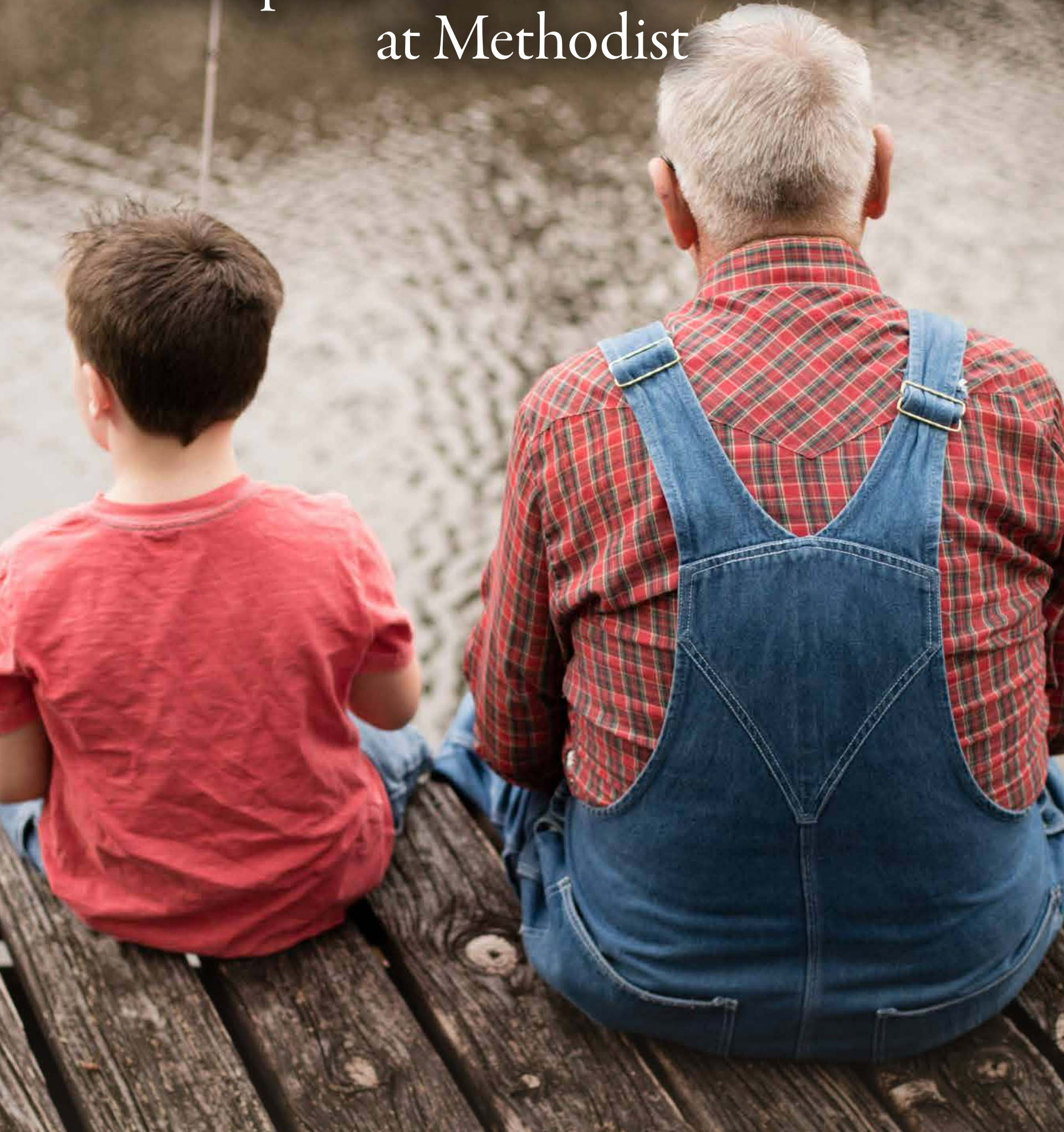
The quality of your sleep health can affect every aspect of your life. Take your first step to a better night's rest by making an appointment with your healthcare provider to discuss your specific risk factors and/or current sleep problems, and ask if a referral to the Methodist Sleep Diagnostic Center could be right for you. Learn more at mmcoakridge.com/sleep.



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