

Healthy Lifestyles

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

Methodist Wound Treatment Center — Celebrating 10 Years of Saving Lives and Limbs

When vascular surgeon Dr. David Stanley was sent on a mission in 2005 to “look into” hyperbaric medicine as part of a new wound treatment center at Methodist Medical Center, he was skeptical. “I didn’t think it was much good,” Dr. Stanley recalls with a laugh.

Ten years later, Dr. Stanley serves as director of Methodist’s Wound Treatment Center and is an outspoken advocate of hyperbaric oxygen therapy. The procedure is just one of many treatment options offered at the Wound Treatment Center, which is celebrating its 10th anniversary in 2016.

The goal of the center is to improve patients’ quality of life by managing wounds to ensure that they heal quickly and completely. The Center’s staff of nine employees and four physicians bring their expertise to the challenge of non-healing wounds.

In addition to Dr. Stanley, physicians include hyperbaric medicine specialists Dr. Nawras Baban and Dr. Ken Miller, and surgeon Dr. Frances Cross. The physicians are certified in hyperbaric medicine and advanced wound care.

At the Wound Treatment Center, “Our greatest strength is teamwork – it helps us achieve positive outcomes,” said Jenni Sampson, LPN, affirming an attribute expressed by many of the staff members. Shanon Gearin, hyperbaric oxygen therapy LPN, added, “We take pride in see-



In June, the Methodist Wound Treatment Center celebrated its 10 year anniversary and Wound Care Awareness Week during an open house celebration and education event. Guests were presented with product demonstrations, service information, a tour of the center and refreshments. Congratulations to the staff of the Wound Treatment Center on 10 great years of healing wounds and changing lives!

ing patients in the community who have healed and are able to return to their lifestyle.”

The Methodist Wound Treatment Center offers many services in addition to hyperbaric oxygen. In fact, HBO is only used in about 15 percent of cases, most often for diabetic ulcers which have failed to heal, radiation injury to skin and organs, and chronic bone infection underlying a non-healed wound. Other therapies and treatments available at the Wound Treatment Center include:

- Sharp debridement
- Negative pressure therapy
- Wound care with ad-

vanced products not available in general physician offices

- Negative pressure therapy to promote tissue granulation on the cellular level and to draw the edges of the wound together
- Epifix®, a biological skin substitute derived from amniotic tissue to promote healing

During its 10 years of service, the Center has incorporated new developments in wound treatment. “We stay current with wound care science and we have more advanced wound care products and treatment options,” said Michelle Bailey, RN,

clinical manager. “For example, we are able to do some procedures which allow us to use the patient’s own skin tissue to promote healing – it is less invasive as a full thickness skin graft.”

The Center has a clinical practice which assigns a registered nurse to each patient, and the nurse assists the patient through the continuum of medical care while he or she receives wound treatment. Collaboration with other medical experts is a hallmark of the Methodist Wound Treatment Center. Deena Jenkins, RN case manager, said a good description of the center’s

philosophy of care is “no stone left unturned.”

“We assess any comorbidities the patient has, and work with their primary care physicians and specialists to address issues that may be affecting the patients’ ability to heal,” Bailey explained. “We don’t take the initial assessment on face value – we dig deeper.”

“Our providers and physicians are passionate about getting the patient healed,” added Tristan Murray, RN case manager.

“Usually we’ll work with several specialists on a single case,” Dr. Stanley said. “In one case with a diabetic patient, we worked with infectious disease, endocrinology, urologists, and the family physician.”

The Center treated 391 new patients in 2015 and had 4,521 wound care visits. Of those treatments, 1,933 were hyperbaric oxygen treatments.

The Wound Treatment Center is justifiably proud of its excellent outcomes. “Our healing rate for January through May of 2016 is 90.43 percent healed in 14 weeks or less, and we have a median ‘days to heal’ of 28,” said Kristie Teffetteller, program director of the Center.

“Our patients have had wounds for weeks or months or even years before they came here,” Dr. Stanley said. “So if we can heal them in 30 days when they’ve had a wound for years – that’s pretty good. Sometimes people come to

us who have been recommended for amputation. The majority of time – 70, 80 or 90 percent – we are able to save their legs.”

The excellent patient outcomes at Methodist’s Wound Treatment Center give the staff a special sense of pride.

“Watching patients heal is very gratifying, especially after some have struggled with open wounds for a very long time.” Teffetteller said. “We also work very hard to help patients access community resources that help them in their goals of healing,” Jenkins noted.

When treatment is successful, each patient gets a chance to celebrate by ringing a cowbell at the Wound Treatment Center. “When we hear the cowbell, we know another person has healed,” said Sampson. “Other patients hear the bell and are encouraged that there is an end in sight.”

Bell ringing is a great way to mark the anniversary of Methodist’s Wound Treatment Center. In addition, the staff and physicians can simply reflect with pride on the Wound Treatment Center’s many success, and the countless patients who have benefited from their “healing touch.”

For more information about the Wound Treatment Center at Methodist Medical Center, visit www.mmcoakridge.com/wound or call 865-835-3740.

“Diving In” to Wound Treatment

First used in the 1600s but best known for treating Navy scuba divers for decompression sickness during World War II, hyperbaric oxygen treatments have been approved for multiple uses by the Food and Drug Administration. In addition to decompression sickness, uses now include treatments for gangrene, carbon monoxide poisoning, crushing injuries, exceptional blood loss anemia, cyanide poisoning, gas embolism and a host of others, including wound care.

When he was evaluating hyperbaric medicine, Dr. David Stanley and a team from Methodist visited Johns Hopkins, Duke, and Erlanger in Chattanooga. “After seeing what they did with hyperbaric oxygen we looked at the information and who was doing it, and we were impressed,” said Dr. Stanley. “I said, ‘OK, I think we should give it a shot here.’ I was amazed.”

A decade later, he still is.

For hyperbaric wound treatment, “the success rate is greater than 90 percent and these are wounds that have been around awhile – sometimes weeks, months or even years,” said Dr. Stanley. He and his Wound Treatment Center colleague, Dr. Nawras Baban, have co-written about HBO therapy in medical school textbooks

At the Methodist



During the recent open house, Dr. David Stanley, medical director of the Methodist Wound Treatment Center, shows one of the center’s three hyperbaric oxygen chambers to Jeremy Biggs, Methodist’s new president and chief administrative officer, and Connie Martin, vice president and chief support officer.

Wound Treatment Center, the most common use for HBO is treatment of radiation wounds, surgical wounds and diabetes. In fact, HBO treatments have been saving life and limb for diabetic patients for almost 20 years.

Fully a third of the Wound Treatment Center’s patients are being treated for diabetic ulcers of lower extremities. Studies have shown a 70 to 90 percent success rate in which diabetic ulcers have healed completely as a result of hyperbaric treatments.

The American College of Hyperbaric Medicine

says numerous studies – including one that reported 89 percent of patients who undergo HBO avoid amputation compared to 60 percent who receive conventional wound treatment – have proven the efficacy of HBO treatments for diabetic patients.

Hyperbaric oxygen therapy takes place in a special pressurized chamber. Patients stay in the chamber for two hours a day, five days a week for an average of two months. While they are in the chamber, pure oxygen saturates the body, which improves the flow of oxygen into tissues,

stimulates the formation of new blood vessels and increases the formation of fibrous tissues, all of which are needed to promote healing.

Medicare and most private insurances cover HBO treatments. The Methodist Wound Treatment Center keeps its three chambers busy, performing more than 200 “dives” or sessions each month. About a third of HBO patients are self-referred, but about two-thirds are directed to the center by other health-care providers.

Staff Commitment Provides Relief for Patient with Long-term Wound

It all started with an adhesive skin bandage.

Mildred “Mickie” Brooks, 93, had developed a tiny sore on her lower leg, and protected it with a small adhesive bandage. But she had been on a blood thinner and her skin was fragile. When the bandage was removed, the skin became irritated – and the sore got larger and larger, until it nearly covered her calf. Her family helped her obtain treatment at another wound center, but the sore didn’t heal. After about six months, Mrs. Brooks came to the Methodist Wound Treatment Center, where Dr. David Stanley treated the wound and coordinated her care.

“We love Dr. Stanley and the staff at the Methodist Wound Center,” said Mrs. Brooks’ daughter, Brenda Brooks Watford. “They are wonderful, and they have been so good to Mother. They are always so glad to see her.”

Mrs. Brooks went to the Center at least once and sometimes twice a week, and received home health care in between visits.

Dr. Stanley would debride the wound and sometimes do a “second skin” procedure that used a biological skin substitute to accelerate healing. He prescribed antibiotics and other medications, including one that incorporated the healing aspects of honey.

“He used his bag of tricks,” Mrs. Watford said, “and it worked.” After several months of treatment, the sore on her mother’s calf was healed.

“It was a bit of a trip for us to come to Methodist from west Knoxville, but the drive was pleasant and the time was well worth it – not just for the medical care, but also because of the staff,” Mrs. Watford said. “Dr. Stanley prayed with Mother on a couple of occasions, and she appreciated that so much. He didn’t treat her as just another patient. You could tell he really wanted to heal her – he was very determined.”

“The nurses are very knowledgeable and the care is just excellent,” she added. “We are very grateful to all of them.”



Kids Need Enough Sleep to Succeed at School

Although many kids stay up late on long summer days, once school starts in the fall they should return to their normal sleep routines, experts say.

Adequate sleep is essential to a child's academic success and overall well-being. Researchers say that 3- to 5-year-olds need at 11 to 13 hours of shut-eye per night. Five to 12-year-olds need at least 10 or 11 hours a night.

From memory to judgment, attention span, emotional stability and even immunity, sleep deprivation negatively affects school-age children.

As for adolescents, it's a common myth that they need less sleep and can



handle only seven or eight hours, but they actually need nine hours of sleep.

Adolescents are typically

the most sleep-deprived population in school.

A poll by the National Sleep Foundation re-

vealed that 60 percent of children under the age of 18 complained of being tired during the day.

Moreover, 15 percent admitted to falling asleep at school.

Anticipating the first day of school, experts say children should start going to bed earlier to avoid these feelings of daytime sleepiness and ensure a smooth transition back to the classroom.

About a week ahead of school starting, begin to back up their bed-time and wake-up times. This incremental change may start off rough, but it will get easier and ensure they are not miserable on their first day at school.

Since missed hours of sleep can add up and have detrimental effects on children, experts recommend that parents remove

electronic devices from their child's room, making it as calm and peaceful as possible.

On average, there are three to four electronic gadgets in a kid's room. It's been shown that even sleeping with a television on deprives them of 20 minutes of sleep per night, which may not sound like a lot, but adds up over a week's time.

The Methodist Sleep Diagnostic Center offers specialized care for treatment of sleep disorders for teens (13 and older) and adults. Call (865) 835-3810 for more information or visit www.mmcoakridge.com/sleep.

Students Use the Summer to Take a Lesson in Citizenship

When school is out for the summer, many teens look forward to sleeping in, hanging out with friends and enjoying the freedom of a few unscheduled weeks. But, at Methodist Medical Center of Oak Ridge, a group of teens used the summer to give back to their community rather than while away the hours in front of the computer or around the pool. These high school students served as Methodist's Junior Volunteers.

The Junior Volunteers are part of Methodist's larger volunteer program, and like their

adult counterparts, the students assist in many areas throughout the hospital and host special sales and fundraisers to support the patients and services at Methodist Medical Center.

This summer, the Junior Vols' fundraiser included a doughnut sale. They also ran the operation of the fruit wagon and snack cart, which sells goodies around the hospital three days a week.

The program is not only a great way to keep students occupied during the summer months, it's an excellent oppor-

tunity to gain valuable experience, develop knowledge of the healthcare field, meet new people and give back to the community.

Methodist is proud to work with this motivated group of students and appreciates their willingness to serve the hospital and the community.

To learn more about the Junior Volunteers or the Volunteer Organization at Methodist Medical Center, call 865-835-4170 or visit www.mmcoakridge.com/volunteers.



Katie Starnes, Ryann Whitson, Henry Shen and Katie Law assemble falls-prevention packets used for patient care. They are just a few of the 45 Junior Volunteers who have taken time from their summer vacations to serve at Methodist Medical Center.

Simple Safety Steps Can Make Back to School a Breeze

Along with buying new clothes and classroom supplies, parents need to think about health and safety as they prepare their children to return to school.

Take the initiative now and protect the health of your kids this school year. The American College of Emergency Physicians suggests this safety checklist:

- Organize your child's medical history records and emergency medical contact information and provide a copy of these details to school officials and daycare providers. Tell them to take this information to the emergency department if your child is sick or injured.
- Work with your child's doctor or the school nurse to create action plans for any health issues your child has, such as asthma or food allergies. Discuss these plans with all appropriate caregivers.
- Take your child for medi-



cal and dental check-ups before school starts, as well as necessary immunizations. Consider vision and hearing tests and a sports check-up if your child will be playing school sports.

- Review and accompany your child on a practice run of the route to school. Explain potential hazards, including traffic dangers.
- If your child takes the bus, designate a safe, visible pick-up/drop off location that's used by

other children and can be clearly seen by adults.

- Make sure your child knows how to telephone for help. Post emergency contact numbers by every telephone in the home and have your child practice how to call 911 or the local emergency number.
- Create a family emergency plan in case something happens on the way to or at school. Parents should be aware of school emergency and evacuation plans.

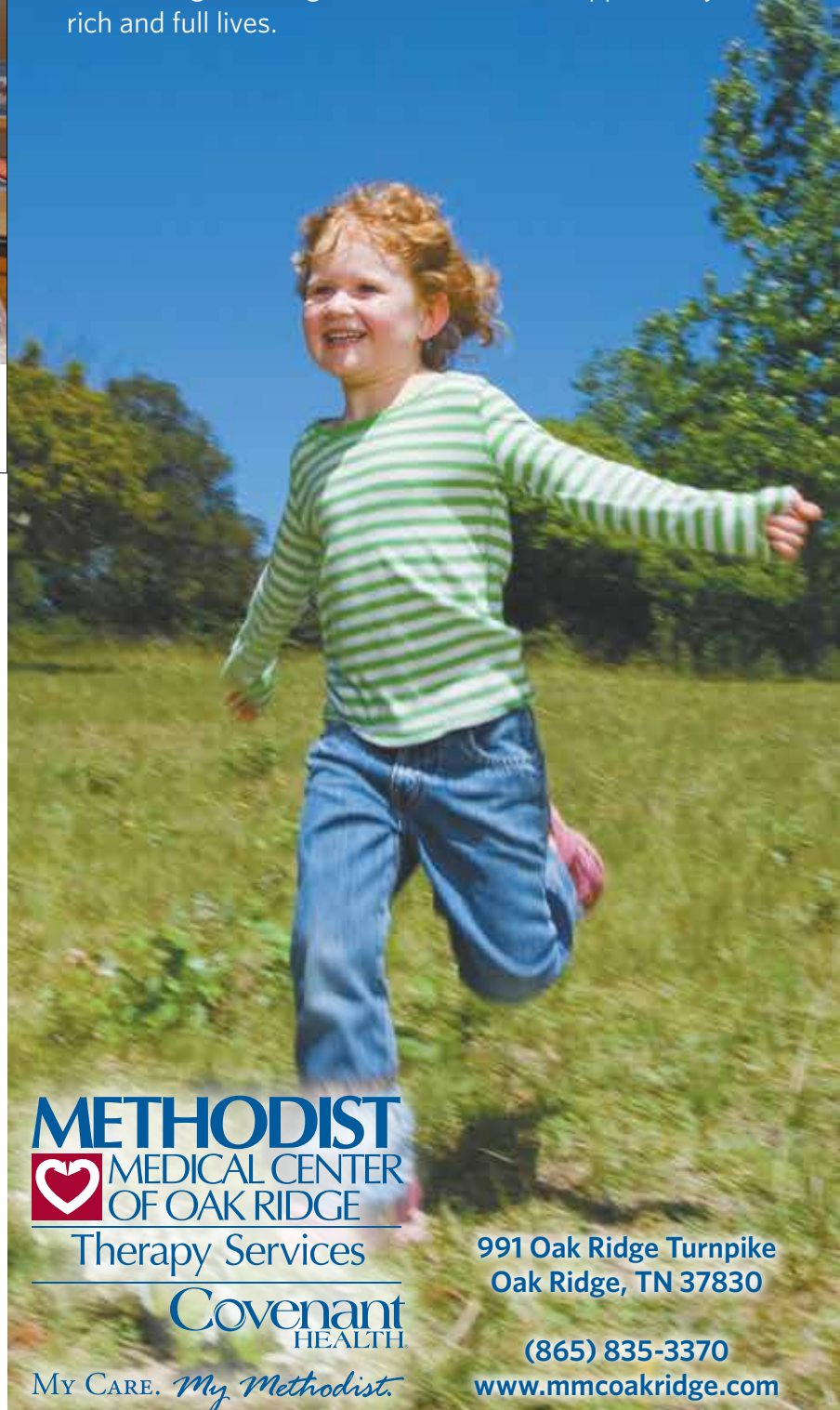
When a child cannot play, Methodist Therapy may help...

Playing is a child's main occupation. When children play, they learn the skills that are the foundation for their social and academic successes, including mathematics, reading, and writing.

Methodist Therapy can often help children who have trouble playing because of certain medical conditions. Our pediatric therapists treat children with a wide range of problems...

- Cerebral palsy
- Autism
- Developmental delay
- Coordination disorders
- Feeding difficulties
- Sensory processing disorders
- General fine or gross motor delays.

We use developmentally appropriate play to improve children's skills and help them function at the highest possible level. Our goal is to give children the best opportunity to live rich and full lives.



METHODIST
MEDICAL CENTER
OF OAK RIDGE

Therapy Services

Covenant
HEALTH

MY CARE. My Methodist.

991 Oak Ridge Turnpike
Oak Ridge, TN 37830

(865) 835-3370

www.mmcoakridge.com

SPECIAL DELIVERIES: June Births at Methodist's Family Birthing Center



Maria and Austin Payne, Coalfield, a boy, **Kaiden Alexander**. Born June 1. Sibling: the late Aiden Dean. Grandparents: Jennifer Hill, Jeff Seiber, Ranay Payne and Toby Payne.

Malissa Dawn and Wesley William Bryant, Harriman, a girl, **Teagan Allyssa**. Born June 1. Siblings: Cheyenne, Candace and Alexander.

Hayley Wyrick and Lucas Ward, Wartburg, a girl, **Skylan Chabelle**. Born June 1, 5 lbs. 5 oz. Siblings: Tanaya Rage and Braaklynn Sidol. Grandparents: Tammy Carter and the late John Wyrick; Luke Ward and Patricia Ward.

Eryka Fritts and Jordan Miller, Oak Ridge, a girl, **Blaire Addilyn**. Born June 4, 6 lbs. 0 oz. Siblings: Perry and Debra. Grandparents: Tina Miller and Benjamin Miller.

Jennifer and John Shockley, Oak Ridge, a girl, **Naomi Violet**. Born June 7, 9 lbs. 9 oz. Siblings: Ethan, Amelia and Levi. Grandparents: Joan and Dennis Terry; Lisa and Ken Shockley.

Chentel Graham, Oak Ridge, a girl, **Zymaria**. Born June 8, 6 lbs. 6 oz. Siblings: Chentel, Isiah and Zavion. Grandparents: Patricia Graham.

Kayla and Wesley Lawson, Harriman, a boy, **Bentley Jaidev Wayne**. Born June 9, 6 lbs. 7 oz. Siblings: Kalionna, Donovan, Isaiah, Trinity and Sophia. Grandparents: Alisa and Kelly Wright; Vickie and Benny Lawson.

Savanna Patterson and Mark Cruze, Harriman, a girl, **Adaleigh Rose**. Born June 9, 8 lbs. 3 oz. Sibling: Christina. Grandparents: Patricia Ewing.

Jessica Nichols, Harriman, a boy, **Travis Christopher**. Born June 12, 6 lbs. 12 oz. Sibling: Devion. Grandparents: Billy and Missy Nichols.

Sara and Paul Wilson, Jacksboro, a girl, **Addison McKinley**. Born June 13, 7 lbs. 10 oz. Siblings: Toby, Heidi, Autumn and Samuel. Grandparents: Amos and Janet Phillips; Paula and Brenda Wilson.

Brittany and Colton Lasley, Oliver Springs, a boy, **Asher Grant**. Born June 14, 8 lbs. 2 oz. Sibling: Brinley. Grandparents: Ruby and Jack Ward; Kim and Greg Daugherty; Martin Lasley.

Cassandra Rose and Terry Lynn Potter, Jr., Oliver Springs, a girl, **Blakely Noelle**. Born June 14, 9 lbs. 15 oz. Grandparents: Jodie Matthews and Mike Braunsdorf; Terry Lynn Potter, Sr., and Lena Hamilton.

Haley and Bryan Jones, Oliver Springs, a boy, **Joseph Edward**. Born June 15, 7 lbs. 6 oz. Grandparents: Byrum and Jennifer Frost; Scott and Cathy Jones.

A'Kyia Waters, Oak Ridge, a boy, **Cyrus Melvin Jose**. Born June 15, 7 lbs. 6 oz. Grandparents: Melvin and Natasha Waters.

Hanna Louise and Jeffery Lynn Hughes, Winfield, a boy, **Jeffery James**. Born June 17, 8 lbs. 7 oz. Sibling: Madilynn Rayne. Grandparents: Qula Kay Stephens and William Stephens; William Ray Hughes and Brenda Dorene Hughes.

Kaitlan Abston, Rockwood, a boy, **Kaanon**. Born June 20, 5 lbs. 9 oz. Sibling: Karter Blake. Grandparents: Wendy Abston and Adam Abston.

Priscilla Rachel Mize, Petros, a girl, **Sidney Bailey Winter**. Born June 21, 5 lbs. 13 oz. Sibling: Eliah Kyler. Grandparents: Ronald and Norma Armes.

Amanda "Shine" and Bryan Keith Roberts, Oak Ridge, a boy, **Luke Dawson**. Born June 22, 10 lbs. 12 oz. Siblings: Ryan, Tiffany, Keith and Anna. Grandparents: Vicki Burnette and Charles Roberts.

Courtnei and Glenn Johnson, Kingston, a girl, **Briley Grace**. Born June 22, 7 lbs. 3 oz. Sibling: Brantley. Grandparents: Stephen Macklin and Terri Macklin; Larry Johnson and Melinda Johnson.

Kailyn Williams and Joshua Begley, Oliver Springs, a boy, **Jayce Matthew**. Born June 24, 7 lbs. 6 oz. Grandparents: Angie Williams, Dean Williams; Scott Begley and Tammy Lizott.

Braylen Troupe, Oak Ridge, a boy, **Caiden Makh**. Born June 24, 4 lbs. 11 oz.

Savannah Rae Morlock and Samuel Blair Todd, Jr., Harriman, a boy, **Luke Bailey**. Born June 25, 7 lbs. 5 oz. Sibling: Zaiden Lee. Grandparents: Donna Marie Todd and Samuel Blair Todd, Sr.

Ashley and Rodney Whitworth, Briceville, a girl, **Anslee Brooke**. Born June 26, 7 lbs. 9 oz. Grandparents: Barbara Bingham and Jeffrey Knight; Kathy Carver and George Carver.

Taylor Humphreys and Scott Heston, Harriman, a girl, **Zoey Danielle**. Born June 28, 9 lbs. 3 oz. Grandparents: Christina Kinney and Jeff Humphreys; Yvonne and Greg Heston.

Sarah and Chris Hagans, Powell, a boy, **Silas Oliver**. Born June 28, 8 lbs. 2 oz. Grandparents: Dwayne and Michelle Allen; Ron and Betty Hagans.

Altrusa donates books and toys for distribution in Hospital's Children's Waiting Areas



Members of Altrusa International of Oak Ridge visited Methodist Medical Center to assemble special activity bags to be distributed to children waiting for loved ones who are patients at Methodist. The women pose with the variety of books and toys they included in each bag.

Altrusa International of Oak Ridge recently assembled and donated nearly 200 bags with books and toys for distribution to kids who are visiting Methodist Medical Center of Oak Ridge. The bags' contents were all donated from businesses and individuals throughout the community. Methodist's Volunteer Services will oversee the distribution through the hospital's special Children's Waiting Areas.

"These bags will make wonderful gifts for our patient families who utilize the Children's Waiting Areas," said Lois Ward, director of Volunteer Services at Methodist.

"Waiting while a loved one - es-

pecially a parent or grandparent - is in surgery or intensive care can be an emotional time for anyone, but for children it can be especially difficult. Having a good book to read or a new toy to play with is a great way to help take some of the worry out of their wait."

In addition to helping lower kids' anxiety levels while waiting at the hospital, the bags have another purpose - promoting literacy, which is one of the main missions of Altrusa.

With this project, members of Altrusa hope inspire kids' imaginations and their desire to read.

Getting in with the Hip (and Knee) Crowd

Education is key for innovative joint replacement program

From the moment patients schedule joint replacement surgery until they're discharged from the Methodist Joint Replacement Center, patients notice how the personalized care the staff delivers is different from what is traditionally available at other hospitals. The staff at Methodist is focused on creating positive outcomes from the surgery. The best way to achieve this goal is to prepare patients with expectations before, during, and after the surgery to help them feel less anxious about the experience.

"About three weeks prior to the surgery, patients come to the hospital to undergo an educational program," says Virgie Jessie, RN, BS, CCM, manager of the Joint Replacement Center at Methodist. "This educational session gives patients a chance to ask questions and understand what will happen throughout their experience. Patients discuss the surgery, whether they'll want to go home or to a rehabilitation facility following the surgery, and the type of rehabilitation they will undergo."

During the educational program, patients meet many of



the orthopedic-trained nurses who will care for them during their stays, as well as the physical therapists who lead the inpatient component of rehabilitation.

Though Methodist offered traditional joint replacement surgery for many years before opening the new Joint Replacement Center in 2008, administrators and physicians wanted to take the program a step further by developing an entirely new system of care. Now, following the joint replacement procedures that are performed by some of the region's best orthopedic surgeons, the staff at the center use a series of best practice guidelines and standard orders to treat patients efficient-

ly and provide the best opportunity for optimal outcomes.

"The orthopedic surgeons on the hospital's staff created a series of standard orders that cover everything from pain management to rehabilitation, and we're able to customize those plans to best meet the needs of the individual patient," says Jessie. "Because of the standard orders, everyone—physicians, the nursing staff, physical therapists, and especially the patient—knows exactly what their responsibilities are during the hospital stay, and there are no steps left out. It's a great system of checks and balances, and everyone benefits from the experience."

A Healthy School Lunch? It's in the Bag

Children and teens can get their hands on plenty of junk food, fast food, and other treats throughout the day. By sending them off to school with a healthy lunch, you can help ensure that they have at least one chance to fuel their bodies with nutritious options.

The ground rules are simple. Healthy basics are protein, whole grain foods, fruits and vegetables, and low-fat milk or other dairy foods. Good sources of protein are lean meat, such as chicken breast; peanut butter; and

beans, including soybeans in the form of fun-to-eat edamame.

Packing lunches with creativity

In addition to covering the basics, your kids will love surprises as well as being part of the planning. Try these ideas to pack a lunch that your young students will eat, rather than trade or toss out:

• **Get your children's input.** Kids are more likely to eat their lunch if they help prepare it. Ask your children

what foods they prefer in each category, such as fruits and vegetables, and be sure to collect several ideas. Stock up so you'll have enough ingredients on hand at all times.

• **Bring in some novelty.** It's easy for children to get into a rut, eating the same foods over and over. Take your child with you when you go to the supermarket and make a habit of trying new foods. The produce department offers many kinds of fruits with appealing shapes and textures, like starfruit and

pomegranates. Also venture down the international foods aisle, where you're likely to find unique beans, noodles, sauces, and other options to expand your child's palate.

• **Prepare lunch with a creative flair.** When it comes to feeding your children, you're up against tough competition. Fast-food chains and snack makers know how to appeal to kids with brightly colored packaging and lots of added sugar. Counter these temptations by tossing fun options into their lunch bags

or boxes to make mealtime more interesting. Fill a small, reusable container with honey mustard, barbecue sauce, or ketchup for dipping pieces of chicken or with low-fat ranch dressing for dipping baby carrots. Instead of always stacking sandwiches between two pieces of bread, roll up your fillings in a wrap or dispense with the bread entirely and place shaved turkey breast in a deli-sized slice of cheddar cheese and a lettuce leaf. Instead of packing one large sandwich, consider making

a handful of tiny sandwiches on whole-wheat crackers. For a snack, replace chips with apple slices and a small container of almond butter for dipping or popcorn sprinkled with flavorful herbs.

• **Make lunch healthy and safe.** Perishable items, such as meats and many cheeses, need to stay cold and shouldn't linger at room temperature for more than two hours. Place a reusable frozen gel pack or frozen juice box into an insulated lunch box or bag to help keep foods cold.



The Best Beginnings Start Here

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