



RMC
Regional Medical Center
The Right Care. Right Here.

THRIVE

| Your Good Health
| Our Caring Expertise |

for life

WINTER 2017

Getting care just got easier

*RMC Oxford Mediplex
opens in March*

PAGE 8

Say yes to a lifesaving test

PAGE 6

Drug addiction: Hope for recovery

PAGE 14



RMC



From left, Joe Weaver, RMC Jacksonville CEO; Louis Bass, RMC CEO; and Billy Grizzard, RMC Board Chairman, sneak a peek at the Mediplex.

Advancing our mission

*Fiscal year 2016 highlights:
July 1, 2015, to June 30, 2016*

MORE THAN 2,000 health care professionals at Regional Medical Center (RMC) work daily to advance our mission of providing state-of-the-art health care with integrity, skill and compassion. We serve community residents across five counties in northeast Alabama with 323 inpatient beds at RMC Anniston; 104 beds at RMC Jacksonville; and numerous outpatient programs, facilities, urgent care clinics and specialty clinics.

Over 200 physicians represent a full range of medical specialties, including cardiovascular, women's health, orthopedics, oncology and emergency services. RMC Anniston is accredited by the American College of Surgeons' Commission on Cancer, is an affiliate in the UAB Cancer Care Network, is recognized by Blue Cross and Blue Shield of Alabama as a Blue Distinction® Center+ for Knee and Hip Replacement and for Maternity Care, and is the first designated Baby-Friendly birthing facility in Alabama.

As a not-for-profit health system, our unwavering commitment to quality care is focused on the needs of each individual patient. We strive to attract the right people—skilled and compassionate clinical and support staff members to live our mission and pursue our vision of remaining the region's premier choice for health care.

We are pleased to share highlights of fiscal year 2016 for RMC Anniston, RMC Jacksonville and our family of care providers.

 **89,846** Outpatient visits

1,825
Newborn
deliveries



13,659
Inpatient
admissions

57,609
Emergency
room visits



4,694
Cardiovascular procedures
(surgical and interventional)


Surgeries
15,601



350

Volunteers



1,848
Employees

Charity/uncompensated care
(charity care and uncollected
debt for services)

\$99,395,287



Salaries, wages, benefits
\$104,027,758

\$\$\$\$\$\$\$\$\$\$

TOTAL ECONOMIC IMPACT
\$373,000,000

To your health

This new year, I hope you have found new joys and new reasons to celebrate life. Knowing that health is our greatest wealth, I hope you have resolved to take steps to optimize your own health. Here at Regional Medical Center, it is our goal to help you do just that.

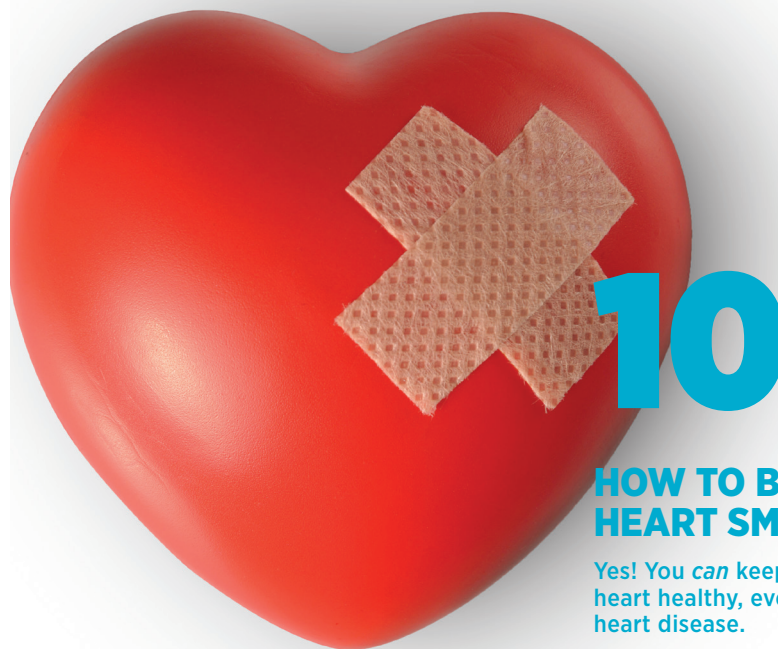


In fiscal year 2016 (July 2015 through June 2016), more than 57,000 people visited our emergency rooms and we had nearly 90,000 outpatient visits. We helped deliver over 1,800 babies, and more than 13,500 people were admitted to our hospitals. Each day, employees and physicians collaborate here to live our mission and make quality care accessible for all we serve.

Every day is an opportunity to make healthy changes that can redefine your future. With the many health care services we offer, we are here to help. In this issue, you'll read about important screenings for disease and services that help you treat it. You'll meet new primary care and specialty physicians located near you. And you'll learn about our new facility, the Oxford Mediplex (opening next month), that will make a doctor visit or imaging and laboratory tests more convenient.

On behalf of our employees and physicians, thank you for your continued support of and trust in Regional Medical Center.

Louis Bass
Regional Medical Center CEO



HOW TO BE HEART SMART

Yes! You *can* keep your heart healthy, even with heart disease.



8 CONVENIENT CARE
Oxford Mediplex to open.



12 GARDEN PARTY
Join us! Plant seeds for the future of health care.



14 ADDICTION
Find hope and healing close to home.

6 | GET SCREENED
Did you know this test can help you avoid colorectal cancer?

11 | HOSPITALISTS
Meet the physicians who specialize in caring for you in the hospital.

12 | THANK A DOC
Take the opportunity to honor your favorite doctor this March 30.

Next time you're online:

Check out facebook.com/rmccares



and twitter.com/rmccares.



Also be sure to visit Regional Medical Center at rmccares.org.

Thrive for Life Volume 2, Issue 1

EDITOR: KATE VAN METER, Director, Marketing and Public Relations

Information in THRIVE FOR LIFE comes from a wide range of medical experts and resources but is not intended to replace the advice of your personal health care provider. Please contact your provider with concerns or questions about specific content that may affect your health. Models may be used in photos and illustrations. To subscribe or unsubscribe, email us at thriveforlife@rmccares.org.

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THINGS TO KNOW

New providers: Welcome to RMC



David Chalk, MD

Family Medicine
Anniston Family Practice
400 E. 8th St.
Anniston, AL 36207
256-365-2974



Anmarie Chandler, NP

RMC/JSU Student Health
Center
256-782-5310



Nelson Cook, MD

Family Medicine
Anniston Family Practice
400 E. 8th St.
Anniston, AL 36207
256-365-2974



Eric Hensen, DO

Otolaryngology (ENT)
Oxford Mediplex
1400 Highway Drive
Oxford, AL 36203
256-231-7500
(opening March 2017)



Hardik Satashia, MD

Internal Medicine
RMC Hospitalists
256-231-2830



Ty Stansell, MD

Family Medicine
Anniston Family Practice
400 E. 8th St.
Anniston, AL 36207
256-365-2974



vol·un·teen (noun)

A person age 14 to 18 who donates some of his or her time and talents in the summer as a student volunteer at Regional Medical Center Anniston.

Sign up now for our summer volunteer program

Last summer, more than 90 “volunteers” became the largest group of student volunteers at RMC Anniston since the program’s inception. These friendly faces and talented youth assist staff members, patients and visitors throughout the hospital.

The summer volunteer program is a great experience for high school students, with duties that range from administrative work and customer service to non-patient-care interactions with patients and families. The eight-week program begins in June.

Interested teens must be 14 to 18 years old and able to commit to at least one day a week for a four-hour shift, with no more than two absences.

Applications for the 2017 program will be available in March.



For more information, call **256-235-5147**, visit **rmccares.org/volunteer-opportunities** or email **vsimmons@rmccares.org**.

Sign up to **THRIVE for Life**

RMC launches new e-newsletters

GETTING HEALTHY happens wherever you are. Receive the latest health information and news in your inbox every month. Sign up for RMC's new, free e-newsletters: *Be Well* or *Be Well Baby*.

Be Well

Your *Be Well* e-newsletter from RMC will be packed with information to enable you to achieve and maintain a healthy lifestyle—whether it's helping you eat healthier, get more exercise, or prevent or manage chronic disease.

- Choose from health topics of interest and relevance to you. You'll receive only those you choose. You can change selected topics at any time.
- Receive the latest health-related news. From trusted publications and journals, all news items are current and have been medically reviewed.
- You may also subscribe to ***This Week in Health***, which will bring the week's most compelling health news to your inbox every Friday.

In addition, each monthly issue includes important information about RMC services, health screenings, community classes, health fairs, special events and more. To subscribe, visit bit.ly/RMCBeWell.

Be Well Baby

Be Well Baby offers two e-newsletters: a weekly email for your pregnancy journey and ***Be Safe Baby*** for the first years of caring for your new baby. You'll receive a wealth of information about what to expect along the way, health issues you might encounter, common questions and more. To subscribe, visit RMCisforME.org.

These e-newsletters are provided by RMC to equip you with information that enables you to make good, informed health decisions for you and your family.

We look forward to staying in touch and providing timely, relevant information to help you live and be well. For expectant and new parents, we would love to accompany you on your pregnancy journey and new baby adventures.



To subscribe,

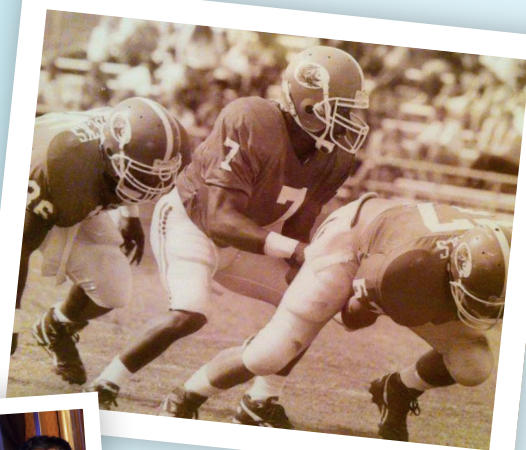
visit bit.ly/RMCBeWell.

For *Be Well Baby*, visit
RMCisforME.org.



COLORECTAL CANCER

One test could SAVE A LIFE



ABOVE: Charles Robinson was quarterback of the 1992 National Championship JSU football team.



LEFT: Charles Robinson and his wife, Sonya.

THERE MAY BE a thousand things you'd rather do than be screened for colorectal cancer. But if you're age 50 to 75, it may be time to say yes to a test. Just ask Charles Robinson, age 43, quarterback for the 1992 National Championship Jacksonville State University (JSU) football team and Anniston resident.

Robinson experienced stomach pains and restricted bowel movements in May 2013. After ignoring symptoms for several weeks, he sought treatment at RMC in Anniston. Tests revealed a tumor in his colon, and he was whisked immediately into surgery. Doctors

removed the tumor but discovered malignancy in his lymph nodes, requiring weekly chemotherapy that he still receives today.

It's preventable

The second leading cause of U.S. cancer deaths, colorectal cancer often starts as a growth (polyp) inside the colon.

"Screening tests—including colonoscopies—can spot cancer early, when it's easiest to treat," says Mohamad Eloubeidi, MD, gastroenterologist. "We can remove these growths before they become cancerous." Dr. Eloubeidi emphasizes

"I'm thankful the doctors caught this cancer quickly and I could move on with my life."

—Charles Robinson, survivor

the importance of early action, saying, "Don't wait for symptoms to develop, as the disease is likely to be in an advanced state."

If your screening test reveals polyps or cancer, your children or other close relatives may be at higher risk for the disease. They may choose to get screened sooner than age 50, which can reduce the chances of developing the disease.

Robinson's grandmother passed away at age 80 from colon cancer, yet he never expected this interruption in his own life. However, he maintains a positive and encouraging outlook.

"I'm thankful the doctors caught this cancer quickly and I could move on with my life," Robinson says. "I was in good physical shape, so the doctors felt that surgery and chemotherapy were the best options for me. I'm still young, and I plan to keep living my life to the fullest and enjoying everything I know is ahead of me."

COLORECTAL CANCER AWARENESS AND SCREENING EVENT

GET YOUR REAR IN GEAR

Join us at the annual Anniston Canyon Climb and RMC Health Fair. The Canyon Climb includes a 5-mile run and 2.7-mile walk.

Come experience Anniston Runners Club's challenging Grand Prix race, a scenic run through Anniston neighborhoods with a cumulative climb of 1,100 feet! And take advantage of RMC's FREE health fair with at-home screening tests for colorectal cancer—offered during March for Colorectal Cancer Month.

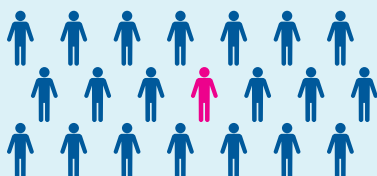
Visit annistonrunners.com/event-calendar for more information on the Climb.

**Saturday,
March 25**

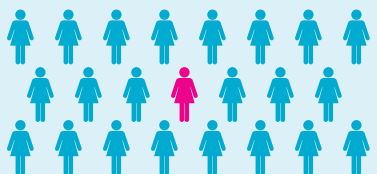
BY THE NUMBERS



55 to 84: The age range in which most men and women are diagnosed with colorectal cancer.



1 in 21: The odds that a man in the U.S. will develop colorectal cancer in his lifetime.



1 in 23: The odds that a woman in the U.S. will develop colorectal cancer in her lifetime.

1.1 million+

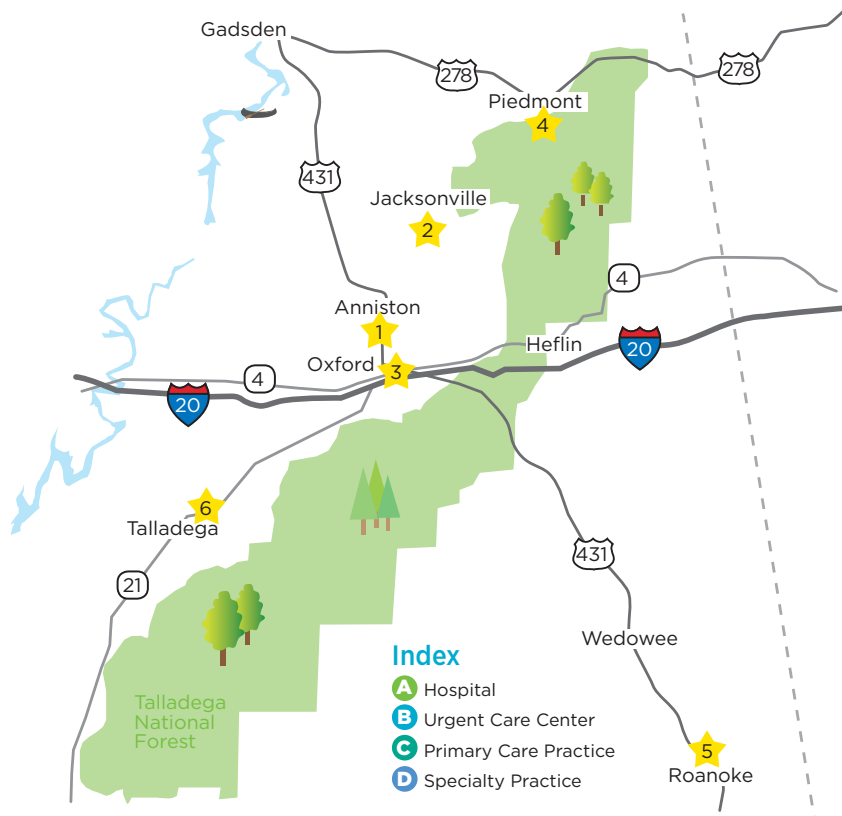
THE ESTIMATED NUMBER OF AMERICANS LIVING WITH COLORECTAL CANCER.

Sources: American Cancer Society; National Cancer Institute; Centers for Disease Control and Prevention



Make an appointment

To find a gastroenterologist at RMC, call **256-231-8880** or visit rmccares.org/our-doctors.



Index

- A** Hospital
- B** Urgent Care Center
- C** Primary Care Practice
- D** Specialty Practice

Making care more convenient

Choose from one of these RMC affiliates for care when you need it, close to home.

STAR 1

A Regional Medical Center
Anniston
400 E. 10th St.
Anniston, AL 36207

STAR 1

C Anniston Family Practice
400 E. 8th St.
Anniston, AL 36207
256-365-2974
David Chalk, MD
Nelson Cook, MD
Ty Stansell, MD

STAR 1

D RMC Cardiology
901 Leighton Ave., Suite 307
Anniston, AL 36207
256-231-8636
Mohammed Jasser, MD

STAR 1

D James Hixon, MD
Gastroenterology
901 Leighton Ave., Suite 101
Anniston, AL 36207
256-236-0890

STAR 1

D RMC Neurology
901 Leighton Ave., Suite 402
Anniston, AL 36207
256-236-1303
Sharman Sanders, MD
Jessica Vincent, MD

STAR 1

D RMC Urology
622 Leighton Ave.
Anniston, AL 36207
256-237-6717
Barry Billings, MD
Frank Kim, MD
Terry Phillis, MD

STAR 1

D OB-Gyn Associates of Anniston
901 Leighton Ave., Suite 102
Anniston, AL 36207
256-294-7010
Jeffrey W. Collins, MD

STAR 1

RMC Center for Occupational Health & Wellness
731 Leighton Ave.
Anniston, AL 36207
256-741-6464

STAR 1

William Bohannon, DO
Donald Casey, DO
Scott Grayner, MD
Cheri Johnson, PA-C
Naomi Wade, CRNP
Brandy Wester, CRNP

STAR 2

A Regional Medical Center Jacksonville
1701 Pelham Road S.
Jacksonville, AL 36265

STAR 2

C Jacksonville Primary Care & Wellness Center
1701-B Pelham Road S.
Jacksonville, AL 36265
256-365-2416
Eduardo Villeda, MD
Internal Medicine

STAR 3

C RMC Oxford Family Practice
6 Allen Parkway
Oxford, AL 36203
256-831-7100
David Emerson, MD
Family Medicine
David Hopper, MD
Family Medicine
Natalie Lindell, MD
Internal Medicine and Pediatrics
Vance Moore, MD
Family Medicine

STAR 3

C **D** RMC Oxford Mediplex
(Opening March 2017)
1400 Highway Drive
Oxford, AL 36203
256-231-7500
Eric Hensen, DO
Otolaryngology (ENT)

RMC Oxford Primary Care

Arden L. Aylor, MD
Family Medicine
Robert Chadband, MD
Internal Medicine and Endocrinology
Roland Cook, MD
Family Medicine
Renee Staude, CRNP

STAR 4

C Piedmont Family Medical Center
32 Roundtree Drive
Piedmont, AL 36272
256-792-9322
April Cobb, CRNP

STAR 5

B **C** Roanoke Rural Health & Urgent Care Center
Primary and Urgent Care, Specialty Care, Diagnostics
1950 Main St.
Roanoke, AL 36274
334-863-2311

J. Melburn Holmes, MD
Family Medicine

Michael Robinson, DO
Family Medicine

April Anthony, CRNP
Samantha Baggett, CRNP

Sherry Hall, CRNP

STAR 6

C **D** Talladega Primary Care Center
803 North St. E.
Talladega, AL 35160
256-362-1600
Charles R. Lambert, MD
Family Medicine



RMC
Oxford Mediplex

- Anniston Orthopaedics
- RMC Imaging & Diagnostics
- Oxford Primary Care
- RMC Occupational Medicine



Innovation, technology and convenience

RMC Oxford Mediplex designed to serve

RESIDENTS OF OXFORD

and surrounding communities will soon have improved access to care—along with some of the region's most advanced imaging technologies—when Regional Medical Center's new multispecialty medical facility opens its doors in March 2017.

Located at 1400 Highway Drive in Oxford, the new two-story, 24,000-square-foot RMC Oxford Mediplex will house the latest advancements in imaging and laboratory technologies, primary care and specialty physician offices, and occupational health and outpatient rehabilitation services. Easy access

to Highway 78, a covered patient drop-off area and on-site parking add to the new facility's convenience and appeal.

Increased comfort and safety

Patients can benefit from enhanced comfort, reduced anxiety levels and advanced digital imaging quality, thanks to the high design features of the imaging technologies available at the new Oxford medical facility, according to Thomas Abernathy, director of Imaging Services for RMC.

"Our Siemens Espree 1.5 Tesla MRI system is designed to lessen patient anxiety and claustrophobia," Abernathy says. "Its full open-bore platform creates a much larger opening than most systems and can support patients up to 550 pounds, helping them stay close to home for these services."



From left, Joe Weaver, RMC Jacksonville CEO; Louis Bass, RMC CEO; and Billy Grizzard, RMC Board Chairman, sneak a peek at the Mediplex.

With Total Imaging Matrix, or TIM, technology, the system enables fast, high-quality imaging, reducing patient exam times and increasing staff productivity.

Abernathy also says that the new 2-D and 3-D 64-slice CT imaging suite at the Mediplex will be equipped with dosing management software that monitors radiation levels with stop alerts.

Same friendly, helpful staff

With more than 35 RMC employees, along with primary care and specialty physician offices, the Oxford Mediplex will be managed by the same highly skilled and friendly RMC staff that is committed to ensuring that every patient's experience at the Mediplex is as convenient and pleasant as possible.

"Our goal has always been to provide quality care and convenient access to the most technologically advanced services for our patients and physicians," says Louis Bass, CEO of RMC. "The addition of the Oxford Mediplex allows us to expand our presence and services for area residents and businesses, matching our mission to improve access as we deliver high-quality patient care."

More advanced options close to home

Additional technologies at the RMC Oxford Mediplex include:

- **Mammography screening.** Full-field digital mammography with tomosynthesis—advanced mammography offering better

detection, fewer call-backs and greater peace of mind.

- **Digital wireless diagnostic imaging rooms.** Full digital wireless technology that allows high-quality imaging with sharp digital images for orthopedic, oncology and neurological patients.
- **Sonography imaging.** A Siemens Acuson ultrasound system with software enhancements that improve digital image quality and integrated measurement and reporting for abdominal, breast, pelvic, prostate, testes, thyroid, renal and other anatomical structures, including cardiovascular and OB-Gyn imaging.





It can **change** **your future**

ARE YOU LIVING

with heart disease? Does your health history include a heart attack or other heart incident? Ask your doctor if you might benefit from a cardiac rehabilitation program.

"Cardiac rehab can't change your past, but it can improve your heart's future," says Mary Waites, RN, manager of RMC's Cardiac and Pulmonary Rehab Center. "It's a medically supervised program designed to help improve your cardiovascular health if you have experienced a heart attack, heart failure, angioplasty or heart surgery."

There are three important components of an effective cardiac rehab program:

- **Exercise counseling and training.** You'll learn how to get your body moving to promote heart health.

- **Education for heart-healthy living.** Learning how to manage risk factors, choose good nutrition and quit smoking is key.
- **Counseling to reduce stress.** Stress hurts your heart. Cardiac rehab will help you identify and manage everyday sources of stress.

Expert heart healing

RMC's Cardiac and Pulmonary Rehab Center, located in the Tyler Center at RMC Anniston, helps you achieve and maintain optimal heart health. You will receive a personalized assessment and be treated by registered nurses specially trained and certified in cardiac and pulmonary rehabilitation.

With physician supervision, our program provides close EKG monitoring of your heart and lungs during exercise. Our team members hold certifications in advanced

To determine if you would benefit from cardiac rehab:

- Talk with your doctor.
- Visit rmccares.org for more information about our program.



LISTEN TO YOUR HEART

February is American
Heart Month

Heart or cardiovascular disease describes a range of conditions, many of which involve narrowed or blocked blood vessels that can lead to a heart attack, chest pain (angina) or stroke. Other heart issues include arrhythmias (abnormal heart rhythm), heart failure or those involving heart valves.

You can prevent many types of heart disease with healthy lifestyle choices.

The main risk factors for heart disease are:

- Age (over the age of 65).
- Family history of heart disease.
- Diabetes.
- Smoking.
- High blood pressure.

LOL for heart health

Laughing can increase your good cholesterol, decrease stress hormones and reduce artery inflammation, all of which are good for your heart. And the effects of a hearty belly laugh last 24 hours.



cardiac life support (ACLS) to ensure patient safety. Regular educational sessions will assist you in lifestyle modifications to experience a full recovery.

Our program also offers strength-training and flexibility exercises. Wellness services include a full-service gym with locker rooms, exercise and swim sessions in our aquatic therapy pool, and massage therapy by appointment.

Sources: American Heart Association; Centers for Disease Control and Prevention; National Heart, Lung, and Blood Institute

- High cholesterol.
- Obesity.

Be heart smart. Listen to your heart, and take steps to protect it from disease. Visit the American Heart Association at heart.org to learn more about what you can do to optimize your heart health.

WHAT IS A HOSPITALIST?

If you or someone you know has been in the hospital recently, chances are you've had care by a hospitalist—a specialist in inpatient medicine. The hospitalist has no responsibilities outside of the hospital, enabling him or her to focus exclusively on care for hospitalized or acutely ill patients.

According to the Society of Hospital Medicine, there are more than 40,000 hospitalists in the U.S. Most are board-certified in internal medicine (internists) or family medicine. They coordinate with other specialists involved in your care, ordering tests and procedures and monitoring your condition, ensuring a fast response or change of treatment

if your condition changes.

You may wonder why your primary care physician is not in the hospital to oversee your care.

"We work with your physician to obtain important medical history and discuss treatment plans as necessary," says Igor Bidikov, MD, internist and medical director of RMC's Hospitalists Program. "Upon discharge, your physician will receive a complete summary of your hospital stay, test results and other relevant follow-up information, making your continued care outside the hospital seamless."

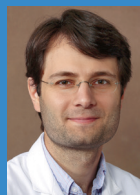
These RMC hospitalists serve patients in our hospitals in Anniston and Jacksonville.



Muzamil Babiker, MD
Internal Medicine



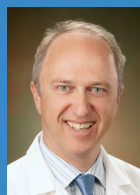
Chidiebere Maquincy Ibekwe, MD
Internal Medicine



Anouar Bakir, MD
Internal Medicine



Guarav Parmar, MD
Family Medicine



Igor Bidikov, MD
Internal Medicine
Medical Director,
RMC Hospitalists
Program



Hardik Satashia, MD
Internal Medicine



Alemna Free, MD
Internal Medicine

NOT PICTURED
Syed Ahmed, MD
Internal Medicine

Harsaajan Singh, MD
Internal Medicine

FOUNDATION

Mark your calendars!

Second Annual Martha Vandervoort Garden Jubilee

Friday, May 12

Longleaf Botanical Gardens



The Martha Vandervoort Memorial Scholarship celebrates students who have made an impact in our community through leadership and community service. It assists with the costs of a college education for a high school student in Calhoun County who demonstrates academic promise, strong character, community involvement and financial need. This fund is

planting seeds for our future.

You can support the scholarship fund by purchasing tickets to the RMC Foundation's Second Annual Martha Vandervoort Garden Jubilee on Friday, May 12, at Longleaf Botanical Gardens. Or you can simply make a donation to the RMC Foundation in Martha's honor.



For ticket information:

Visit rmccares.org/foundation.

Email foundation@rmccares.org.

Call **256-741-6359**.



APPLYING FOR THE SCHOLARSHIP

Deadline: March 24, 2017

The Martha Vandervoort Memorial Scholarship awards a renewable \$6,000 scholarship each year to a qualifying Calhoun County high school student. **To be eligible, students must maintain a minimum 3.0 GPA, demonstrate financial need and reflect the embodiment of charity. Recipients are chosen through an application and interview process. Students may submit applications by March 24, 2017, to:**

**RMC Foundation
P.O. Box 2208
Anniston, AL 36203**



**To download an
application, visit**

bit.ly/RMCScholarship.

Honor your doctor!

In recognition of National Doctors' Day on March 30, we invite you to honor your favorite doctor(s) with a donation to the RMC Foundation. You can name a specific hospital department or service to benefit, or we will apply your gift to the general RMC Foundation funds that always benefit important and pressing health care service needs for our community.

For more information on how you can participate:

- Visit rmccares.org/foundation.
- Email foundation@rmccares.org.
- Call **256-741-6359**.

Thanks to you, the power of philanthropy is making a difference at Regional Medical Center.

Regional Medical Center is a 501(c)(3) organization, gifts to which may be deductible as charitable contributions for federal income tax purposes.





From left:
Blair Voltz,
Bobby Foster,
Tripp Johnson
and Jimmie
Thompson III



Louis Bass (right), CEO of RMC,
talks golf with JSU President
John Beehler, PhD, and his wife,
Pam Beehler, PhD.

Golf Classic raises \$82,000 for RMC cancer programs

On Oct. 5, 2016, the 20th Annual RMC Foundation Charity Golf Classic was held at the Anniston Country Club. This year, with 38 teams participating, more than \$82,000 was raised to support important RMC health services, including the comprehensive cancer programs at RMC.

Vera Jordan, a 20-year member of the RMC Foundation Board, served as the 2016 Special Events Chairwoman and has played an invaluable role in the long-tenured success of the annual Golf Classic.

Passionate about the cause

"We are so fortunate to have Vera's boundless energy, support and enthusiasm," says Lagina Fillingim, executive director of the RMC Foundation, "not only as event chair but also as a member of our board. We were truly overwhelmed with the generous support from local businesses, sponsors and individuals for their time and dedication to help RMC provide quality health care programs and services for our community."

Everett King, owner of ERA King Realty, played in the Golf Classic for the first time in 2015. He joined the RMC Foundation Board in July 2016 because he believes in the Foundation's cause and is passionate about addressing the health care needs in the community.

Watch for more information about RMC Foundation's 2017 Charity Golf Classic in October and how you can tee off for this great cause.

Life's most persistent and urgent question is, "What are you doing for others?"

—Martin Luther King Jr.



If you think you or a loved one may benefit from our services, call our intake specialist at **855-852-2158** or **256-782-4330** for a confidential assessment.

ADDICTION RECOVERY

Help and hope close to home

DRUG ADDICTION is a chronic disease characterized by drug seeking and use that is compulsive or difficult to control, despite harmful consequences and changes in the brain that can be long-lasting.

An estimated 21.5 million Americans over the age of 12 are suffering from a substance use disorder. Addiction often leads to the destruction of families, individuals and life itself. In the past 15 years, deaths from drug overdoses have quadrupled. At RMC Jacksonville, we offer help and hope with Inspire Treatment Services.

Detoxification, the process of ridding the body of the drug, is the first step in successful treatment. At Inspire, we provide medical detoxification, assessment, group therapy, discharge planning and family communication.

In our 16-bed inpatient medical detoxification unit, with private

“You don't have to be ready to recover; you need only to be willing.”

—HealthyPlace.com

rooms for patients ages 19 and up, our clinical team provides an individualized treatment plan for every patient. A physician, a certified addiction counselor, a master's level social worker, nurses, assistant counselors and nursing assistants work together with a common goal of keeping patients as comfortable as possible throughout detoxification with a combination of medication,

relaxation and education.

Inspire's discharge planning professionals will provide options for continued treatment, counseling and ongoing support, ensuring follow-up at the appropriate level of care for each patient. Referrals may include further treatment at a long-term inpatient treatment facility; intensive outpatient programs; halfway houses; and programs such as Alcoholics Anonymous, Narcotics Anonymous and Celebrate Recovery.

“What separates Inspire Treatment Services from other facilities is our compassionate, competent and experienced staff,” says Donna Blackburn, RN, program director. “Our team members believe in what they do and know that people can succeed in recovery if they follow the right path. We strive to help each patient find that path.”

Sources: Addiction Center; Centers for Disease Control and Prevention; Council on Recovery



Upcoming community health screenings and events

RMC provides health screenings, educational programs and events throughout the year. For more information on these and other programs in the interest of your good health, visit rmccares.org/classes-events.

➔ Special Events

● RMC Heart Day

Each year, 1 in every 4 deaths in the U.S. is caused by heart disease. At RMC, we believe prevention is the best medicine. Participate in RMC Heart Day screenings. Visit rmccares.org/classes-events for Heart Day screenings and more details.

● Grand Opening: RMC Oxford Mediplex

Tuesday, March 21
1400 Highway Drive, Oxford

Visit bit.ly/RMCoxfordMediplex for more details closer to the opening date.

● Get Your Rear in Gear: RMC Health Fair and 2016 Canyon Climb

Saturday, March 25

RMC is recognizing Colorectal Cancer Awareness Month in March with a health fair focused on prevention and early detection, in conjunction with Anniston's Canyon Climb. Visit rmccares.org/classes-events for more information.

● Garden Jubilee

RMC Foundation
Friday, May 12
Longleaf Botanical Gardens

Benefiting the Martha Vandervoort Memorial Scholarship Fund at RMC. For more information, see page 12.

● Ban the Tan

May is Skin Cancer Awareness Month. Check back for more details at rmccares.org/classes-events.

➔ Blood Drives

Every two seconds, someone in the U.S. needs blood. More than 44,000 blood donations are needed every day. Donate today!

RMC Anniston

Wednesday and Thursday, April 19 and 20 (main lobby)
Wednesday, May 17 (overflow room near cafeteria)

RMC Jacksonville

Thursday, May 18
Donation bus at main entrance

➔ Preparing for Baby

All programs are held at RMC Anniston. Space is limited. Call for available dates and to register: **256-235-5132, ext. 1**.

● Stork School

First Sunday of each month, 3 to 5 p.m.
No registration needed.

● Prenatal Class

Weeknight and Saturday classes available

● Natural Childbirth Class

Weeknight and Saturday classes available

● New Sibling Class

Saturday mornings for ages 3 to 12; must be accompanied by a guardian

● Milk Drop

Wednesdays, 10 a.m. to noon

Drop in for infant weight checks, lactation questions or to drop off donor milk. No registration needed.

➔ Seniors' Bingo

First Wednesday of each month (including holidays)

RMC Jacksonville

Call **256-782-4620** for more information.

➔ Seniors' Dance

Jacksonville Senior Center
6:30 to 9:30 p.m.

Hosted by Genesis at RMC Jacksonville. Call **256-782-4620** for more information.

➔ Support Groups

Visit rmccares.org/classes-events to learn more.

**SIGN UP
for Be Well**

Getting healthy happens wherever you are. Get the latest health information and news from RMC in your inbox every month. Sign up for our free RMC *Be Well* or *Be Well Baby* e-newsletters.

For *Be Well*, visit bit.ly/RMCBeWell.

For *Be Well Baby*, visit RMCisforME.org.


RMC
Regional Medical Center

Regional Medical Center Board
400 E. 10th Street
Anniston, AL 36207

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Oatmeal pecan waffles (or pancakes!)

Makes 4 servings.

Ingredients

For waffles:

- 1 cup whole-wheat flour
- ½ cup quick-cooking oats
- 2 teaspoons baking powder
- 1 teaspoon sugar
- ¼ cup unsalted pecans, chopped
- 2 large eggs, separated*
- 1½ cups fat-free (skim) milk
- 1 tablespoon vegetable oil

For fruit topping:

- 2 cups fresh strawberries, rinsed, stems removed and cut in half (or substitute frozen strawberries, thawed)
- 1 cup fresh blackberries, rinsed (or substitute frozen blackberries, thawed)
- 1 cup fresh blueberries, rinsed (or substitute frozen blueberries, thawed)
- 1 teaspoon powdered sugar

Directions

- Preheat waffle iron.
- Combine flour, oats, baking powder, sugar and pecans in a large bowl.
- Combine egg yolks, milk and vegetable oil in a separate bowl, and mix well.

- Add liquid mixture to the dry ingredients, and stir together. Do not overmix; mixture should be a bit lumpy.
- Whip egg whites to medium peaks. Gently fold egg whites into batter.*
- Pour batter into preheated waffle iron, and cook until the waffle iron light signals it's done or steam stops coming out of the iron. (A waffle is perfect when it is crisp and well-browned on the outside with a moist, light, airy and fluffy inside.)

- Add fresh fruit and a light dusting of powdered sugar to each waffle, and serve.

*For pancakes, do not separate eggs. Mix whole eggs with milk and oil, and make pancakes as usual.

Nutrition information

Serving size: 3 small (2-inch) or 1 large (6-inch) waffle.

Amount per serving: 340 calories, 11g total fat (2g saturated fat), 50g carbohydrates, 14g protein, 9g total fiber, 331mg sodium.

Source: National Heart, Lung, and Blood Institute

