



RMC
Regional Medical Center
The Right Care. Right Here.

THRIVE

Your Good Health
Our Caring Expertise

for life

FALL 2015

Listen to your heart

*Do you know the signs
of a heart attack?*

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Primary care: Better together

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Winter woes

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Committed to high-quality care

Fiscal year 2015 highlights: July 1, 2014, to June 30, 2015

REGIONAL MEDICAL CENTER (RMC)

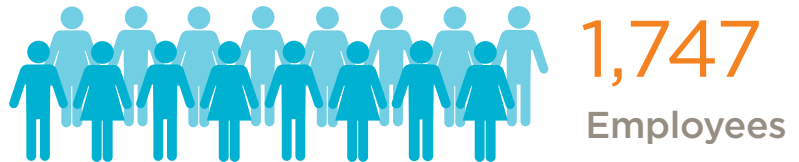
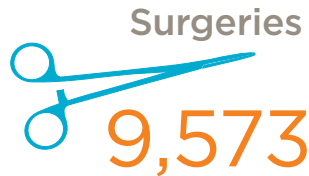
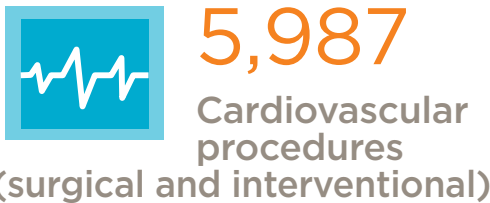
has a long, strong history of serving the local communities, including the city of Anniston, residents of Oxford and Jacksonville, and the expanse of Calhoun County and surrounding areas. We have 338 inpatient beds at RMC Anniston, 89 beds at RMC Jacksonville, and numerous outpatient facilities and services.

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

is the first Baby-Friendly birthing facility in Alabama.

As a community-based nonprofit organization, we have an unwavering commitment to high-quality care focused on the needs of each individual patient. RMC maintains a sharp focus on attracting and recruiting the right people—skilled and compassionate clinical and support staff members who advance our mission and pursue our vision of remaining the region's premier choice for health care.

We are pleased to provide these highlights of fiscal year 2015 for RMC Anniston, RMC Jacksonville and our family of care providers.



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

\$83,033,208



Salaries, wages, benefits

\$86,126,718



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

TOTAL ECONOMIC IMPACT
\$322,661,000

To your health

Welcome to the first issue of *Thrive for Life*, brought to you in the interest of your good health by Regional Medical Center (RMC). In these pages, you will find a wealth of information about how to get well, stay well and achieve optimal health. In addition, for times when you need expert medical care, learn about the many services, programs and treatments available here and provided by the caring professionals at RMC.



Every day, more than 1,800 employees and physicians come together in the name of RMC to live our mission of providing state-of-the-art health care with integrity to all we serve. We pursue our vision of remaining the region's premier choice for health care. And we do it all for you—our patients, neighbors and communities.

When you're looking for the latest options in technology, care and treatment, look no further. Right here at RMC, we offer the advanced diagnostic and treatment services you might expect to find only in a big city, but close to home and personalized to meet your needs.

It is a privilege and an honor to serve you. May your holidays and new year be blessed with good health and great times spent with family and friends. On behalf of all our employees and physicians, thank you for your continued support and trust in RMC.

Louis Bass
Regional Medical Center CEO



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Next time you're online:

Check out www.facebook.com/rmccares 
and www.twitter.com/rmccares. 

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

Thrive for Life Volume 1, 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



TAKE TIME TO CHILL

Stress can take its toll on people with diabetes. It can quickly cause blood sugar to spike or fall. It also can overwhelm and derail wellness plans, which can affect blood sugar too. If you have diabetes, it's important to make managing stress a part of your overall goals.

American Diabetes Association

Bringing health care services closer to you

Regional Medical Center (RMC) is pleased to announce that a new specialty clinic will soon be coming to Oxford. The two-story, 24,000-square-foot multi-specialty RMC Oxford MediPlex will house internal medicine and specialty physicians, a complete urgent care center, full-service radiology, and occupational health and rehabilitation services. Located on Highway Drive in Oxford, the RMC Oxford MediPlex is scheduled to open its doors in Fall 2016.

Joe Weaver, CEO of RMC Jacksonville and COO of the Regional Medical Center System, says the new RMC Oxford MediPlex will improve access to health care services to residents in Oxford and surrounding communities and will complement the extended internal medicine and primary care services RMC provides to residents throughout Calhoun County.

"As the communities in our service area continue to expand, we felt it was an essential next step for us to

bring convenient, accessible health care to fit the growing and diverse medical needs of area residents," Weaver says. "This new medical specialty clinic will offer key health care services to residents of Oxford, including primary care, radiology, urgent care, rehabilitation and occupational medicine, and bring new RMC primary care and specialty physicians to care for the medical needs of patients in a conveniently located, state-of-the-art facility."

The new RMC Oxford MediPlex broke ground in October 2015.

 For additional information, please visit www.rmccares.org/oxfordmediplex.



Take a deep breath—respiratory program approved



Regional Medical Center (RMC), in conjunction with Jacksonville State University (JSU), recently received approval from the Alabama Commission for Higher Education to award a bachelor of science degree for students in respiratory therapy. According to RMC's Respiratory Services Director Ed Goodwin, the final step is completion of an accreditation process for the Commission of Accreditation in Respiratory Care.

"We are so proud that RMC will serve as the primary clinical site for many of the students," Goodwin says. "Not only will this be a tremendous benefit for future respiratory therapists in our area, but we look forward to bringing many of them on staff to assist our patients."

The program will be based in the Brookstone Building at RMC Jacksonville, sharing space with the clinical simulation lab where nursing students receive important training.

New providers: Welcome to Regional Medical Center

Donald Casey, DO

Family Medicine
 Medical Review Officer
256-741-6464

Dr. Casey is joining the RMC occupational health and wellness team.

Scott Grayner, MD

Family Medicine
 Fellowship in Sports Medicine
256-741-6464

Dr. Grayner is working with the RMC Wellness Center and will partner with Anniston Orthopaedic Associates for musculoskeletal outreach clinics.

April Cobb, CRNP

Piedmont Family Medical Center
256-792-9322

Naila Siddiqui, MD

Psychiatry
 RMC Behavioral Health
256-235-5578

Renee Staude, CRNP

RMC Oxford
256-831-0927

Adnan Zafar, MD

Psychiatry
 RMC Behavioral Health
256-235-5578



Cancer care: You can manage lymphedema

Lymphedema is swelling that generally occurs in the arms or legs. It is most commonly caused by removal of or damage to lymph nodes as a part of cancer treatment. It results from blockage in the body’s lymphatic system—part of the immune system—that prevents lymph fluid from draining well. The fluid buildup leads to swelling.

Lymphedema can be managed with early diagnosis and diligent care. Regional Medical Center (RMC) now offers a lymphedema therapy and education program for those dealing with the condition.

“The swelling can be dangerous for someone who is unaware of the symptoms, how to self-measure and what remedies are available to treat lymphedema,” says Donna Klabnik, MS, CCCSLP, a speech and language pathologist who is leading this new program for RMC. Klabnik, two physical therapists (PTs) and PT assistants are spreading the word with information cards in physician offices and speaking engagements at cancer support groups.

+ For more information or to request a speaker regarding the lymphedema therapy program for your community or support group, please call **256-235-5688**.

The heart of primary care

IN MARCH 2015, Mike Fisher, Mayor of Roanoke, experienced unusual pain in his chest. He chalked it up to indigestion. At night, he also had pain in his shoulder blades. After a few days, when the pain did not subside, he made an appointment with his primary care doctor, Michael Robinson, DO.

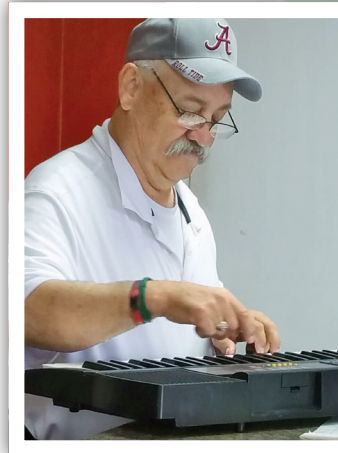
Following an office exam, Dr. Robinson suspected more than indigestion and referred Fisher for a stress test with Mohammed Kamran, MD, cardiologist. Only minutes into it, Dr. Kamran stopped the test and sent Fisher for a cardiac catheterization at Regional Medical Center (RMC) in Anniston. His cath on Friday, March 27, showed 90 percent blockage in one artery and 80 percent blockage in two others. He was a “heart attack waiting to happen.”

Fisher had open-heart surgery at RMC on Monday, March 30. Four weeks later, after recovery and rehab, he returned to his office, thankful to be alive, and with important advice for others.

“If you’re experiencing indigestion, shortness of breath or if you are a little overweight, have a stress test,” says Fisher, who is now exercising and eating healthier. His heart issues took him by surprise, as he’s been athletic for many years.

Fisher gives Dr. Robinson credit and kudos for pushing him and telling him truths he didn’t want to hear. He knows now how important that care partnership is to his health, and his life.

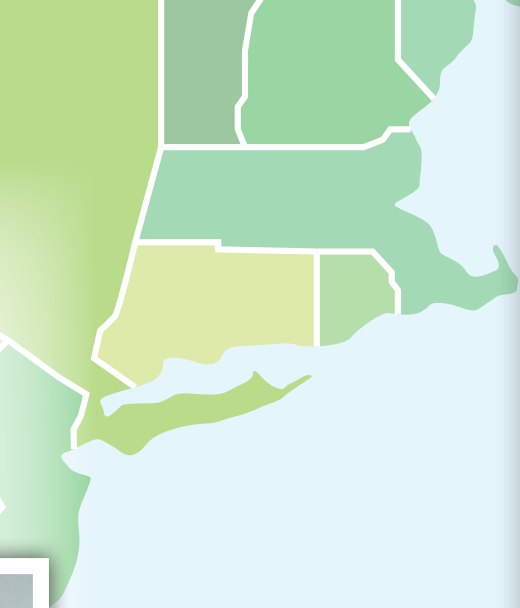
“My favorite way to spend time right now is with my dear 91-year-old friend in the nursing home,” Fisher says. “I help him with activities of daily living and remember just how precious life is.”



**The Honorable Mike Fisher,
Mayor of Roanoke**

A DOC FOR ALL SEASONS

Regional Medical Center offers numerous locations and providers to make your choice and your care more convenient. Use our list of providers and locations to invest in your own health today. For more information, visit www.rmccares.org.



**PRIMARY CARE
AND YOU:**

BETTER TOGETHER

The correlation of a primary care partnership to a

healthy life

is well-documented, yet nearly 1 in 4 Americans does not have a primary care provider.

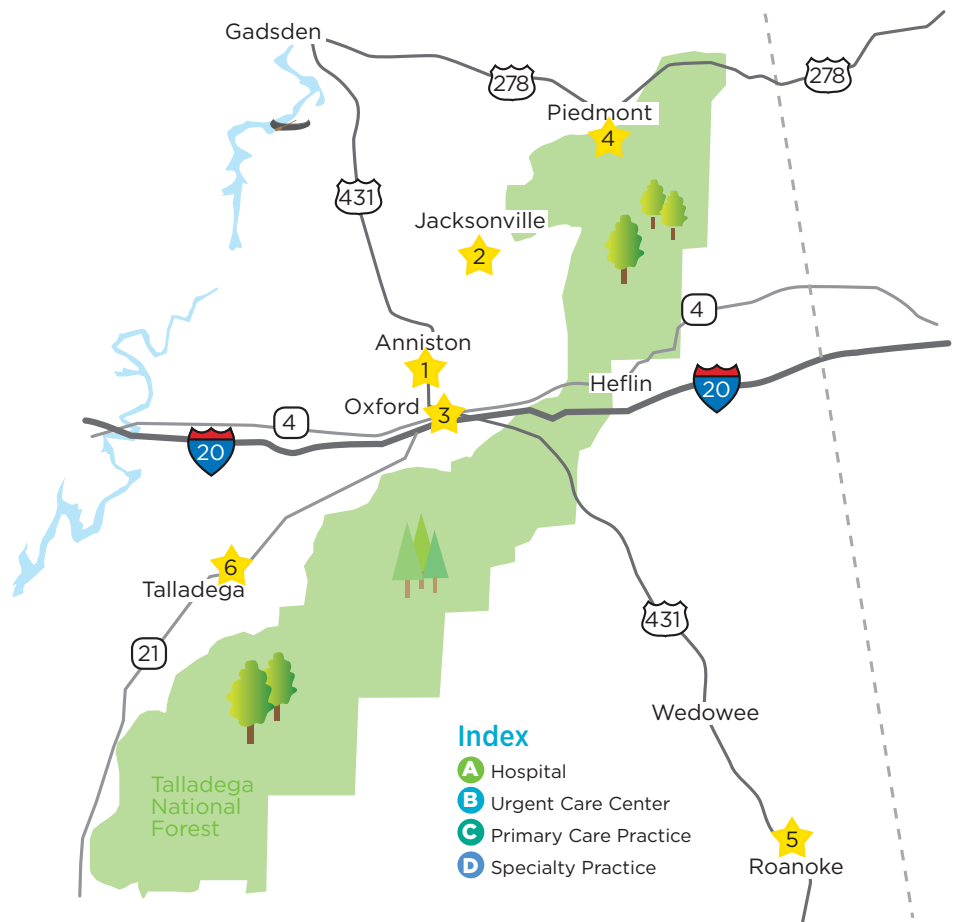
Building a relationship

with a

primary care physician

who knows your life circumstances and medical and personal histories helps to ensure the best possible

care when you need it.



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 2

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

C **Jacksonville Primary Care & Wellness Center**

1701-B Pelham Road S.
Jacksonville, AL 36265
256-365-1218
Eduardo Villeda, MD,
Internal Medicine

STAR 3

C Roland Cook, MD,
Family Medicine
Renee Staude, CRNP
1674 Hillyer Robinson
Parkway
Oxford, AL 36203
256-831-0927

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

B C **Talladega Primary & Urgent Care Center**
803 North St. E.
Talladega, AL 35160
256-362-1600
Arden L. Aylor, MD,
Family Medicine
Charles R. Lambert, MD,
Family Medicine

STAR 1

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

STAR 1

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

STAR 1

D **OB-GYN Associates of Anniston**
901 Leighton Ave.,
Suite 102
Anniston, AL 36207
256-294-7010
Jeffrey W. Collins, MD
Obstetrics and Gynecology

STAR 1

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

STAR 1

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

STAR 1

RMC Center for Occupational Health & Wellness
731 Leighton Ave.
Anniston, AL 36207
256-741-6464
William Bohannan, DO
Donald Casey, DO
Scott Grayner, MD
Cheri Johnson, PA-C
Brandy Wester, CRNP
Naomi Wade, CRNP

Don't play the waiting

Take heart attack symptoms



CHANCES ARE you've heard this before: "I'm as serious as a heart attack." People say it when they want you to pay close attention, which is exactly what you need to do if you have symptoms of a heart attack. A heart attack happens when blood flow to a section of heart muscle is abruptly blocked. If blood flow isn't restored right away, the affected muscle begins to die. Acting quickly can prevent or limit damage to the muscle—and save your life.

Just ask Gwen Hail. At age 41, Hail experienced chest pain and nausea one evening after going to bed. She and her husband both realized she might be having a heart attack and she was rushed by ambulance to the emergency room at Regional Medical Center (RMC) in Anniston.

Quick intervention with coronary angioplasty and stent placement opened a 100 percent blockage of her LAD artery, the "widow-maker" artery, and proved lifesaving for Hail.

Without the emergency intervention so close to home at RMC, Hail knows her outcome could have been much different.

"That's why it's critical to seek immediate emergency care if you're experiencing symptoms of a heart attack," says Mohammed Jasser, MD, an interventional cardiologist at RMC.

According to Dr. Jasser, three of the most common signs of a heart attack are:

- Chest pain
- Upper-body discomfort, e.g., pain in your back, jaw, neck, shoulders or stomach
- Shortness of breath

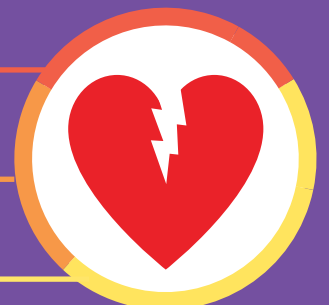
Heart attack: Know the warning signs

If you see these in yourself or someone else, don't wait. **Call 911.**

Chest pain, pressure, fullness or squeezing that lasts more than a few minutes or comes and goes

Sudden lightheadedness, shortness of breath, nausea or cold sweat

Pain in the arms, shoulder, back, neck, jaw or stomach



Source: American Heart Association

game

seriously

Additional symptoms include a cold sweat, unusual fatigue, and nausea and vomiting.

Never wait and wonder

According to the National Heart, Lung, and Blood Institute, more than one million people in the U.S. have a heart attack every year. Many of them don't make it to a hospital in time to get help.

"Some people wait to act, perhaps because they're embarrassed they might mistake indigestion for a heart attack," Dr. Jasser says. "Don't hesitate. Seek immediate emergency care, and let a medical professional diagnose you. It might be worth the embarrassment!"



Mohammed Jasser, MD
Interventional Cardiologist

If you have or suspect symptoms of a heart attack:

- Call 911. Don't wait, hoping you'll soon feel better.
- Don't drive yourself to the hospital. The EMS team can start lifesaving treatments right away.



Help in a heartbeat

To find a cardiologist at RMC, visit www.rmccares.org.



Cardiac services at Regional Medical Center

- Diagnostic studies
- Echocardiogram
- Electrocardiogram
- Computerized stress testing
- Cardiac telemetry unit
- Coronary bypass surgery
- Valve surgery
- Thoracic aortic surgery
- Cardiac rehabilitation
- 24-hour ambulatory monitoring
- Four cardiac procedure labs (three for cardiac catheterization)
- Coronary and peripheral vascular interventions, including angioplasty and stents
- Abdominal aortic aneurysm (AAA) stenting



● *The lifesaving cardiac care at RMC Anniston assured Gwen Hail many more happy memories with her husband, Jason, and daughter, Alyssa.*

Winter **woes**

How to cope with common illnesses this winter

Give it a shot

Call your personal physician or the RMC physician group appointment line at **1-866-RMC-APPT** for your flu shot!



COUGH...SNIFFLE...SNEEZE. Groan...whimper...wheeze. It's the symphony of wintertime illnesses. And it's coming soon to a location near you. Should you find yourself with a winter bug, it's important to know what you can do to feel better and when you may need a doctor's help. Here's an overview of four common winter illnesses.

Colds

Although they don't always feel like it, colds are considered minor respiratory infections. They're caused by viruses and usually run their course in about a week or two.

Symptoms include sneezing, a runny nose, congestion, a scratchy throat and coughing.

To feel better, get plenty of rest and drink lots of fluids. You might also try an over-the-counter (OTC) pain reliever and decongestant.

Usually there's no need to see your doctor. Do call, though, if you have a high fever, significantly swollen glands, severe sinus pain or

a cough that gets worse. They might be signs that you have something more serious.

Flu

Like a cold, the flu is a respiratory infection caused by viruses, but it's potentially much more dangerous. Those at highest risk include adults 65 and older; young children; pregnant women; and people with chronic health conditions, such as asthma or diabetes.

Symptoms often come on quickly and include fever, headache, general body aches and extreme fatigue.

Treatment usually involves rest, fluids and some OTC medications.

Most people with the flu recover on their own. But if you're very sick or in a high-risk group, it's a good idea to call your doctor. Get help right away if you're experiencing trouble breathing, chest pain or confusion.

Your doctor may suggest antiviral drugs that can shorten your illness and help prevent serious complications. These medicines are most effective when taken soon after symptoms start.

Strep throat

This is caused by a specific type of bacteria. It's just one of many



possible causes of sore-throat pain.

If lab tests confirm strep throat, your doctor will probably prescribe an antibiotic. Unfortunately, sore throats are often caused by viruses, which do not respond to antibiotics.

See your doctor if your sore throat doesn't get better after about a week or if you have trouble breathing or swallowing, an earache, a rash or a fever.

Acute bronchitis

Some of the same germs that cause colds and the flu can also lead to acute bronchitis, an infection of the tubes that carry air to the lungs. When these tubes become inflamed, they swell and mucus forms inside, making it hard to breathe.

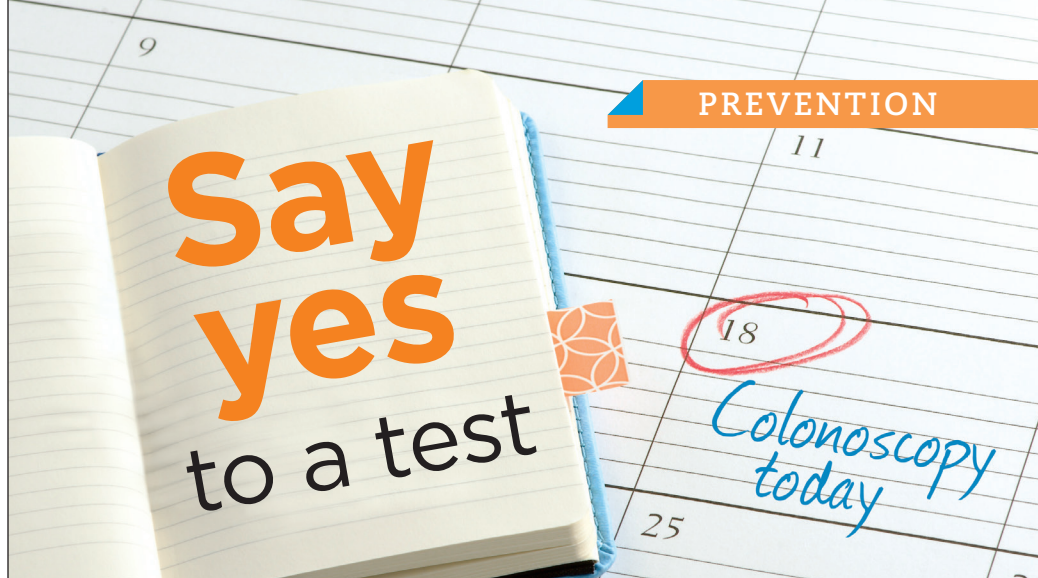
Symptoms include coughing—which may produce clear, yellow or green mucus—wheezing, chest tightness and a mild fever.

Acute bronchitis usually goes away on its own. Be sure to get plenty of rest and fluids. Consider OTC medicines if you have a fever.

Some people feel better after breathing in steam or air from a humidifier. If you smoke, you'll heal faster if you quit.

See a doctor if the cough or wheezing continues for more than two weeks, if coughing produces blood, or if you feel weak or have a high fever.

Sources: American Academy of Family Physicians; Centers for Disease Control and Prevention; National Institutes of Health



March is Colorectal Cancer Awareness Month

THERE MIGHT BE a thousand things you'd rather do than get screened for colorectal cancer. But if you're 50 or older, it's time to say yes to a test. Why? Consider these four reasons:

- 1** Colorectal cancer is the second leading cancer killer in the U.S. Getting screened helps you avoid becoming part of that statistic.
- 2** Screening can spot cancer early, when it's easiest to treat. If you wait for symptoms to develop, the disease is likely to be in an advanced state.
- 3** Screening may prevent cancer. That's because most cases of colorectal cancer start as a growth (polyp) inside the colon. Some screening tests allow a doctor to find and remove these growths before they become cancerous.
- 4** Colorectal cancer can run in families. If your test reveals polyps or cancer, your children or other close relatives may be at a higher risk for the disease. Knowing that, they may choose to get screened sooner than age 50, which can reduce their chances of developing the disease.

Polyps often take as many as 10 to 15 years to develop into colorectal cancer. Regular screening can prevent many cases of colorectal cancer by finding and removing certain types of polyps.

"In the U.S., colorectal cancer is the third most common cancer diagnosed in both men and women, excluding skin cancers," says Mohamed Eloubeidi, MD, gastroenterologist at Regional Medical Center. "Regular screenings and colonoscopies are extremely effective in prevention and in early detection, when colorectal cancer is highly curable."



Don't wait to get screened

To schedule your screening with a physician at RMC, visit www.rmccares.org and click on "Physician Finder" for complete information on these physicians specializing in gastroenterology:

- Mohamed Eloubeidi, MD
- James S. Hixon, MD
- Donald C. Rosen, MD
- Vijayaprasad Tummala, MD



Care and compassion



To learn more about the Genesis Senior Emotional Care Program at RMC Jacksonville, please contact Trish Ballard at **256-782-4620**.



Healthy aging

Genesis Senior Emotional Care offers hope for those in need

STAYING HEALTHY and feeling good are important at any age. As we grow older, we encounter new life changes along the way, including career moves, retirement, children moving out or away, the loss of loved ones, and personal physical changes. A key to staying healthy lies in how we manage these changes.

Declining physical health, diminished mental processes, separation from lifetime companions and the loss of personal independence can be overwhelming and trigger serious behavioral or emotional issues in senior

adults. Treatment can help improve quality of life for these individuals.

Reclaiming their lives

The Genesis Senior Emotional Care (SEC) program, an inpatient program at Regional Medical Center (RMC) Jacksonville, is dedicated to treating older individuals who may experience serious behavioral or emotional problems. An experienced team of medical doctors, psychiatrists, nurses, an activity coordinator and social workers delivers personalized, customized and compassionate treatment and care for senior adult patients. The goal is to help each patient return to an optimal level of functioning, regardless of his or her emotional or behavioral health issue.

“Beyond providing a better understanding of the issues and treatment options, the primary goal of Genesis

is to offer hope to patients, families and caregivers,” says Joe Weaver, CEO of RMC Jacksonville. “It’s never an easy time for patients or family members when an older adult experiences sorrow or grief after a major life change. With Genesis, the right care and treatment options are right here, close to home.”

Caring for the whole person

Trish Ballard, MSN, RN, serves as program evaluator for Genesis. “We use a unique, holistic and multidisciplinary approach to engage and stabilize patients, implementing treatment plans that maximize cognitive and emotional functioning,” she says. “Treatment integrates behavioral interventions, therapeutic treatments, medication evaluation and management, and more in order to improve longevity and quality of life.”

PEOPLE



Hope and treatment close to home

Addiction recovery program launched at RMC Jacksonville

If you think a loved one may benefit from RMC's Inspire Treatment Services, please call our intake specialist line at **855-852-2158** or **256-782-4330** for a confidential assessment. A physician will determine the best course of treatment, whether inpatient or other options.

DEALING WITH any kind of substance abuse and traveling the long road to recovery from drug and alcohol addiction can be a trying experience for individuals and their

family members. But hope and treatment are closer than you think.

Inspired to help

Regional Medical Center (RMC) recently launched Inspire Treatment Services at RMC Jacksonville, an inpatient acute care medical detoxification program with 16 private rooms, specifically designed for those ages 19 and up. Our compassionate team, including a physician, a nurse, and master's level-licensed social workers and counselors, uniquely cares for each person in the program.

Inspire Treatment Services offers structured individual assessments, group therapy, medication management and other services as needed. Our discharge planning team works closely with patients and family members to ensure appropriate support after discharge, whether it is through intensive outpatient care, sober living

houses, Alcoholics Anonymous or Narcotics Anonymous addiction recovery and support programs.

Healing from the deep core

"We are focused on evaluating a patient's addiction and creating an integrated treatment approach to overcome root origins that trigger alcohol or substance abuse," says Donna Blackburn, RN, program director. "It's our professional, competent and compassionate team that sets us apart from other programs."

Team members partner with each patient and use specialized training and skills to pursue treatment goals. With a patient-centered approach, the multidisciplinary treatment team collaborates to support recovery. Family members or other support persons are also encouraged to participate at appropriate times during the recovery journey.





RMC FOUNDATION

Together, we can
make a difference

FOUNDATION BOARD OF DIRECTORS

- Warren Glea Sarrell, Jr., *Chairman*
- James Riddle, *Treasurer*
- Grady Woodall, *Assistant Treasurer*
- Maudine Holloway, *Secretary*
- Ellen Bass
- Vera Jordan
- Louis Bass
- Denise Meadows
- Kathy Phillips
- Margaret Pope, PhD
- Jennifer Swafford
- Lucy Whatley
- Luke Whittle

HONORARY MEMBERS:

- Margaret Coley
- Eugene L. Evans
(charter member)
- Tom Wright
(charter member)

Give of your own



For more information on volunteering or donating to the RMC Foundation, call 256-741-6359 or email foundation@rmccares.org.

FOUNDED IN 1976 by

Warren Sarrell, MD, the Medical Center Memorial Foundation was created to support RMC in pursuit of its vision of providing superior quality health care services for the community of northeast Alabama. Today, the Foundation remains an active and essential support organization for RMC in fulfilling the need and desire for additional medical services and facilities.

As one of the region's largest not-for-profit health systems, RMC reinvests hospital earnings back into our local communities through improved access to expanded health care services, state-of-the-art technologies and recruitment of top talent as the area's largest employer. Through the generosity of our donors and the support of area businesses, we are making a significant impact.

Giving back

"A gift to the Foundation can help in so many different ways," says Lagina Fillingim, Foundation Director. "Local businesses sponsoring events like our annual Foundation Charity Golf Classic, or individuals making a tribute or memorial gift to honor someone impacted by care at RMC are remarkable expressions of appreciation and support for RMC."

Hole in one

The 2015 Charity Golf Classic was held on Oct. 7 at the Anniston Country Club and raised more than \$65,000. Proceeds will support important services at RMC, including heart, women's, orthopedic and cancer care.

The Foundation is grateful for the guidance and contributions by the community leaders who serve on our board of directors.

Check up on **your health**

A little prevention
goes a long way

DON'T LET ILLNESS sneak up on you. Have regular checkups with a doctor. And ask about these screening tests:

Cholesterol. At age 20, all healthy adults should have their cholesterol checked. Check it again every four to six years. High numbers mean a higher risk for heart disease.

Blood pressure. Have it checked at least once every two years. High blood pressure raises risks of heart and kidney disease and stroke.

Diabetes. Adults age 45 and older should get screened for type 2 diabetes every three years. You may need earlier or more frequent screening if you are overweight and have one or more risk factors, including high blood pressure, cholesterol and blood glucose issues. Ask your doctor about the best screening schedule for you.

Colorectal cancer. Most adults need this screening at age 50. Ask your doctor about types of tests.

Women: Ask your doctor about screenings for breast cancer, cervical cancer and osteoporosis.

Men: Ask your doctor about screening tests for prostate cancer. Are you between age 65 and 75, and have you ever been a smoker? If so, ask about getting screened for abdominal aortic aneurysm.



Upcoming community health screenings and events

Regional Medical Center (RMC) is pleased to provide a number of 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 www.rmccares.org.

➔ Preparing for the New Baby

Participate in these programs to help you and your family prepare for arrival of the new baby. Space is limited.

Call **256-235-5132** to register.

- **Stork School**
First Sunday of each month
- **Prenatal Class**
Monday and Tuesday nights
- **Natural Childbirth Class**
Friday evening and Saturday morning
- **New Sibling Class**
Saturday mornings
Ages 3 to 12, must be accompanied by a guardian

➔ Joint Pain Seminar January 2016

Hear from RMC physicians and clinicians about the latest in care, management and treatment options for your joint pain. Visit www.rmccares.org for more information.

➔ RMC Heart Day Thursday, Feb. 25

Each year, 1 in every 4 deaths in the U.S. is caused by heart disease. At RMC, we can do wonders to fix your heart. But we believe prevention is the best medicine. Plan to attend to participate in RMC Heart Day screenings. Visit www.rmccares.org for more information on screenings and registration.

➔ Get Your Rear in Gear: 2016 Canyon Climb

Saturday, March 26

Colorectal cancer is the third most commonly diagnosed cancer and the third leading cause of cancer death in both men and women in the U.S. 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 www.rmccares.org for more information.

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Autumn **apple-cranberry** crisp

Makes 8 servings.

Ingredients

Canola oil spray
7 medium Granny Smith apples, peeled, cored and sliced
1 cup fresh cranberries
 $\frac{3}{4}$ cup dark brown sugar, firmly packed
 $\frac{1}{2}$ cup old-fashioned rolled oats
 $\frac{2}{3}$ cup whole-wheat flour
 $\frac{1}{4}$ cup pecans or walnuts, chopped
3 tablespoons butter, softened (or trans fat-free margarine)
Frozen low-fat vanilla yogurt (optional)

Directions

- Preheat oven to 375 degrees.
- Lightly coat medium shallow baking dish with canola oil spray.
- Place apples and cranberries in dish and gently toss together.
- In medium bowl, combine brown sugar, oats, flour, nuts and butter.
- Sprinkle brown sugar mixture on top of fruit.
- Bake until apples and cranberries are bubbly and tender, about 50 minutes.
- Transfer dish to wire rack to cool slightly.
- Serve warm with frozen yogurt, if desired.

Nutrition information

Amount per serving: 268 calories, 8g total fat (3g saturated fat), 50g carbohydrates, 2g protein, 4g dietary fiber, 9mg sodium.

Source: American Institute for Cancer Research

