



One Nineteen

Physicians • Diagnostics • Physical Therapy • Fitness • Spa • Wellness



Meet the Doc

Controversies in Hormone Replacement Therapy

May 10

6:00 p.m. – 7:00 p.m.

(5:30 p.m. wine and cheese)

William Johnson, MD, with OB/GYN Associates of Alabama will discuss indications and risks for hormone replacement therapy. Dr. Johnson will also address the use of bio-identical hormones. 1.0 CEU for nurses. Call 408-6550 to register for this free seminar.

Fitness One Nineteen Hours of Operation

Monday–Friday

5:00 a.m. – 9:30 p.m.

Saturday

7:00 a.m. – 6:00 p.m.

Sunday

1:00 p.m. – 5:00 p.m.

Note: The pool, sauna, and steam room close 15 minutes before the facility closing times.

Call 408-6544 for the fitness desk.

Great expectations: Expanding exercise options in pregnancy and beyond

This is not your mother's pregnancy story. Twenty years ago, "expecting" women were advised to take it easy. Exercise beyond the first trimester was discouraged; sedentary lifestyles were considered "best for baby."

Flash forward to 2011, when mothers like Sarah Floyd continue established exercise routines until delivery, initiating half-marathon training six weeks later.

"I walked with the baby during those six weeks," says Sarah of postpartum recovery. "Last year, I continued running about three to four miles, three or four times a week,

until my second child, Clayton, was born. My doctor gave me the okay. I'm a longtime runner, and I didn't push myself. It's a great way to stay in shape, and I credit running for making my deliveries so easy and so fast."

Floyd, medical marketing representative for St. Vincent's One Nineteen, isn't the only one pursuing pregnancy fitness. Carrie Anderson ran a February 2010 marathon, delivered in November, and resumed jogging six weeks



postpartum. She's the daughter of William Johnson, MD, of OB/GYN Associates of Alabama at St. Vincent's One Nineteen.

"We find that women who exercise moderately during pregnancy are in

better shape, better able to withstand the stress of carrying a baby and pushing in labor," says Johnson. "They also might be less likely to develop gestational diabetes."

Johnson doesn't encourage jogging after the 20th week of

continued on page 2



We would like to thank the community for supporting us these past six years with a party and free health screenings on Saturday, June 11, from 5:00 p.m. to 9:00 p.m. Rain or shine! Please join us for this fun, family-friendly event featuring:

- The sticky sweet sounds of the Rock Candy Band
- Free Zumba, hula hoop, and Spin classes
- Moonwalk, games, and face painting for the kids

- Free chair massages
 - Food vendors
 - Healthy information booths
- Meet local physicians and take advantage of these free health screenings:

- Cholesterol
- Blood Sugar
- Blood Pressure
- Vision and Hearing
- Body Mass Index
- Foot Screening/Analysis (Fasting is not required and health professionals will be on-site to interpret results.)

Biggest Loser is Back

Join Hannah Alosi, Brandon Harris, and Andrew Mills for the summer session of the Biggest Loser from June 21 to September 22. Drop by the fitness desk or visit onenineteen.com for applications. Apply today!

Each participant receives six hours of small-group training per week. Also included are consultations with a registered dietitian and pre- and post-body composition testing. The cost for members is \$600 and \$825 for non-members.



**Breakfast with the Doc
The Aging Spine
May 16
8:00 a.m.–9:00 a.m.**

Are the changes that occur as we age inevitable or is there something we can do to prevent certain conditions? Kenneth Varley, MD, with Southern Pain Specialists says if we start early enough, the spine can remain healthy. Dr. Varley will address conditions such as osteoporosis, spinal arthritis, degenerative disc disease, vertebral compression fractures, and sciatica. Join him for breakfast and find out what prevention and treatment measures you can take to keep your spine healthy. Call 408-6550 to register for this free seminar.



**Cuisine at One Nineteen
Featuring
Mediterranean Food
May 17
6:30 p.m.–8:00 p.m.**

Join Chef Gray Byrum for a great demonstration and dinner to celebrate Mediterranean Diet Month. If you haven't tried this class, bring a bottle of wine and a friend to share in the health of good eating. Nursery provided with advance registration. Call 408-6550 to register. \$25 per person.

Osteoporosis risk?

What you can do now to detect and prevent this disease

An estimated 44 million Americans have osteoporosis. Although initially painless, this "silent" disease is serious. It makes bones fragile, heightening the risk of hip, vertebrae, and other fractures.

But there's good news. The disease is easy to diagnose. And today's treatments can reduce fracture risk by about 50%.

Kenneth Varley, MD, of Southern Pain Specialists most often sees the results of osteoporosis when a patient is experiencing fracture pain. But there are steps that can be taken to prevent fractures. Instead of treating fracture after-effects, he hopes to prevent them by helping patients strengthen their bones.

Varley explains that osteoporosis occurs when certain bones begin to lose their calcium matrix. There are two types of bone tissue – cortical and trabecular. Cortical bone is mostly found covering the long bones of the skeleton, while trabecular bone is the honeycomb/matrix-like bone found in

the hip, wrist, and vertebrae (back). As the calcium in the matrix is reabsorbed, bones become more prone to collapse. The results may be first seen in wrist fractures, progressing later to spine and hip problems.

Risk can be easily determined by a bone density test taken with a bone densitometer. This painless, quick test uses low dose x-rays to scan the body. Bone mineral density, or BMD, is compared to that of a young adult at peak bone strength and used to calculate a T-score, a number which helps a physician determine a diagnosis.

"Awareness is very important," says Varley. "Many don't realize they have osteoporosis until after they break a bone. Although falls are often thought to cause hip fractures, the fracture frequently occurs first, causing the patient to fall. The interior of the bone has then degraded to a point that it is



like a hollow cardboard box," Varley says, "collapsing under the slightest pressure – including taking a simple step."

"Those found to be at risk can begin treatment to reinforce bone interiors. Some will use Vitamin D and calcium supplements, along with oral drugs. Although post-menopausal women are most at risk, men are far under diagnosed," says Varley.

There are steps to minimize risk. Those who do not smoke and who drink only moderate amounts of alcohol lower their chances of bone loss. Weight-bearing exercise and a diet rich in Vitamin D and calcium are also beneficial. Early screenings are important. Screenings before age 60 may not be covered by some insurance plans, but the average \$150 cost of a bone density test offered at St. Vincent's One Nineteen and Southern Pain Specialists is well worth it, Varley says.

Kids' Cooking Activities This Summer

Kids' Cooking Camp

June 13-17
Sous Chefs, ages 6-9
Tastes of the World
June 20-24
Master Chefs, ages 10-12
Tastes of the World

July 11-15
Sous Chefs, ages 6-9
Color Me Healthy
July 25-29
Master Chefs, ages 10-12,
Color Me Healthy

Cooking for Health and Fun

June 20-24
For older children (13 and up).

For details on these summer classes, call 408-6550.

Expanding exercise options - continued

pregnancy, but does advocate walking and moderate weight training. He calls swimming "fantastic" prenatal exercise.

Concerns remain about excessive exercise, Johnson says. Pregnant women are always cautioned against becoming overheated.

Physicians tailor specific advice to individual patients, according to individual histories and current concerns. Complications like high blood pressure, carrying multiples, or indications of pre-term labor might slow activity.

Otherwise, women preparing

for pregnancy or childbirth are encouraged to lace up their sneakers or slip into the pool, assuring anxious grandmothers that their active, physician-endorsed lifestyles are now "best for baby."

**Spa One Nineteen
Fitness Member
Special**

**20% off
Tanning Treatment**

**Call 408-6510
for details.**

*Offer valid through
May 31, 2011.*

Free child care for ages
4 months through 6 years.

**Senior Day
May 25**

Join us for special senior exercise classes throughout the morning. No matter your age, take advantage of blood pressure screenings from 9:00 a.m. to 11:00 a.m. Free for members. No need to register.

Come to any of the following "senior" classes.

9:00 a.m. – Water Arthritis
10:15 a.m. – Senior Strength
11:00 a.m. – Gentle Yoga

**Urgent Care
Walk-Ins
Accepted**

**Neil Meadows, MD, Board
Certified Family Practice
physician sees urgent care
walk-in patients in
Suite 300:**

**Monday through Friday
8:30 a.m. to 11:00 a.m.
and 2:00 p.m. to 3:30 p.m.**

**For more information or to
schedule an appointment,
call 408-6454.**



Tour de Cure Events



May 10

Enjoy a free Diet Coke Float from 9:30 a.m. to 11:30 a.m. in the entryway. Learn about the American Diabetes Association's Family Ride on May 21. This fun ride for anything

on wheels - bikes, trikes, Big Wheels, strollers, etc., travels through a variety of obstacles on a safe, paved route through our parking lot. We can help you sign up!

May 21

The American Diabetes Association has a ride for everyone. From families with kids of all ages (1/2 mile) to the avid

biker (103 miles) and distances in between, everyone is invited to participate by riding, volunteering, visiting the health and wellness booths, and attending the after party. Free blood glucose screening is available for adults and children. For more information regarding the rides, call 408-6551.

Buddy Up Training

In only 30 minutes, you can expect 60 minute results with Buddy Up Training beginning May 4. Enjoy a high-quality, fast-paced workout program and still receive individualized attention from a personal trainer. Buddy Up Training is NOT a boot camp and NOT a group exercise class. It's a progressive approach to enjoying

a variety of exercises that will increase the awareness of your body's ability to move. Break a sweat twice a week and see how much fun you can have pushing yourself...in only 30 minutes. Transform your body and train like an athlete!

No need to bring your own equipment. TRX, Battling Rope, SuperBands, and Balls are

available. There is a limit of six participants per session and the cost is only \$75 per month. Get fit with two sessions every Monday and Wednesday at 8:45 a.m. and 9:15 a.m. For more information about this new training program, email Sebastian at hans.hudd@stvhs.com.

News Bits

Triple Threat Training: New Session and New Times

Triple Threat is a results-driven training program of dynamic and compound exercises that will challenge your entire body. **Join us June 1-30 every Monday and Wednesday from 5:30 a.m. to 6:30 a.m.** Expect to be pushed, educated, and motivated. Lose weight, gain muscle definition, increase energy levels, improve self-esteem, and increase self-satisfaction. Ask personal trainers Matt Nichols, Harper Carson, or Mandy Cox about this program or call 408-6520. The cost is \$150 for the entire month.

Teen Extreme Boot Camp

Begins May 2, Mondays and Wednesdays, 4:30 p.m. to 5:30 p.m. Designed for teenagers 13-16 years old, this camp not only motivates teens to be involved but also gives

them nutritional information. Personal training with fitness specialists is included in the program. Each session lasts one hour and includes a healthy snack. A family session allowing you to join your teen during a workout session every other week is included. Cost is \$150 for eight sessions. Ask for more information at the fitness desk.

New Physicians

We would like to welcome the Andrews Sports Medicine and Orthopaedic Center physicians to St. Vincent's One Nineteen. James R. Andrews, MD; E. Lyle Cain, Jr., MD; Emily Bell Casey, MD; Andrew Michael Cordover, MD, MS; Jeffrey C. Davis, MD; Jeffrey R. Dugas, MD; Benton Allen Emblom, MD; James Adam Flanagan Jr., MD, FAAOS; Samuel R. Goldstein MD, FAAOS; Angus M. McBryde, Jr. M.D., FACS; Cherie B. Miner,

MD; Steven R. Nichols, MD; Jose (Jody) O. Ortega, MD; Tracy R. Ray, MD; Renee' S. Riley, MD, FAAOS; James A. Whiteside, MD.

Mother's Day is May 8

Treat your Mom to a wonderful and thoughtful gift that she's sure to love. Lavish her with a Spa One Nineteen package. Drop by the spa, call 408-6510, or visit onenineteen.com for more information.

New Diagnostics Equipment

We are pleased to announce that the installation of our new diagnostics equipment is complete. Our upgraded and expanded services include 16-slice CT Scan, DEXA Scan, X-ray, 1.5 Tesla MRI, Nuclear Medicine, Cardiology, and Ultrasound. The next time your doctor orders a diagnostic test, ask to have it scheduled at St. Vincent's One Nineteen.



One Nineteen

7191 Cahaba Valley Road
Birmingham, AL 35242
408-6600
onenineteen.com

St. Vincent's One Nineteen is on
Facebook and Twitter!
facebook.com/StVOneNineteen
twitter.com/StVOneNineteen

Here To Serve You

- Beth Cobb**
Alicia King
Membership Representatives
- Mandy Cox**
Fitness Supervisor
- Scott Goggins**
Service Integration Manager
- Abbey Hale**
Spa Supervisor
- Matt Haynes**
Aquatics/Activities Supervisor
- Toni King**
Patient Access Supervisor
- Donna Sibley**
Registered Dietitian
- Steven Sims**
Director of Clinical Services

St. Vincent's One Nineteen Physician Specialties

- Asthma and Allergy
- Cardiology
- Dermatology
- ENT
- Family Practice
- Gastroenterology
- Internal Medicine
- Interventional Pain Management
- Neurology
- Neurosurgery
- Obstetrics/Gynecology
- Ophthalmology/Optometry
- Orthopedics
- Plastic Surgery

May 2011 Events Calendar

Join at anytime:

HEALTHY WEIGHT FOR EVERYBODY

**Mondays at 6:00 p.m. or
Thursdays at 11:00 a.m.**

A 12-week weight management program emphasizing healthy eating, increased activity, and behavior changes. A registered dietitian leads the class discussion on various aspects of weight management and helps you stay accountable with weekly weigh-ins. Call 408-6550.

CHAPTER ONE NINETEEN

May 3, 7:00 p.m.–8:00 p.m.

Join us for this monthly book club meeting where we will discuss *Cutting For Stone* by Abraham Verghese. You may order the book for a 20% discount at 939-7766 and have it delivered to One Nineteen for your convenience. *Book club is free but registration suggested; call 408-6550.*

HEART 2 HEART – MASSAGE FOR ELDERCARE

May 6, 6:30 p.m.–8:00 p.m.

Learn to offer the special person in your life an effective massage, soothing away tension, easing stress, and deepening nonverbal communication skills. No prior massage experience is necessary. Dress casually and bring a comforter, pillow, and good sense of humor. Please contact Liz Mawhinney, M.Ed., LMT, LMI at 540-2438 for more information and registration. \$15 per person.

BLOOD CHOLESTEROL AND GLUCOSE MONITORING

May 18, 8:00 a.m.–4:30 p.m.

Cholesterol and blood glucose screenings by appointment. The first screening is free for members; \$20 for non-members and repeat visits. Results in five minutes with a simple finger stick. Call 408-6550 to register. A sign-up list is available in the book between the locker rooms.

BREASTFEEDING

May 21, 9:00 a.m.–11:00 a.m.

Teaching the basics of breast-feeding for expectant mothers. Call Dial-A-Nurse to register at 939-7878. Cost \$10 per couple.

COPING SKILLS

May 21, 12:30 p.m.–2:30 p.m.

Pain management techniques for expectant mothers during delivery. Call Dial-A-Nurse to register at 939-7878. Cost \$10 per couple.

HEART 2 HEART – MASSAGE FOR COUPLES

May 22, 2:00 p.m.–4:30 p.m.

Learn to offer each other an effective massage, soothing away tension, easing stress, and deepening nonverbal communication skills. Come for a time of relaxation and renewal and to reconnect with your partner. No prior massage experience is necessary. Dress casually and bring a comforter, pillow, and good sense of humor. Please contact Liz Mawhinney, M.Ed., LMT, LMI at 540-2438 for more information and registration. \$50 per couple.

COMPREHENSIVE DIABETES EDUCATION

May 25, 8:00 a.m.–1:00 p.m.

A physician's referral is required, and pre-assessments are given preceding the class date. To register, call 939-7248.

BEGINNING HOOP DANCE

Tuesdays

5:30 p.m.–6:30 p.m.

Learn hula hoop basics and fun fitness dance moves; no experience necessary. Hoops are provided. Free for members; \$15 per class or 5-class pass for \$60 for non-members.

TRANSITIONAL HOOP CLASS

Thursdays

6:00 p.m.–7:00 p.m.

For the hooper who has successfully learned waist hooping,

hip hooping, taking hoop on/off body, and basic passing. Free for members; \$15 per class or 5-class pass for \$60 for non-members.

PRENATAL AQUATICS

Wednesdays

6:30 p.m.–7:15 p.m.

This class is an ideal way to decrease pressure and increase relaxation during pregnancy. Cost \$20 per month; open to members and non-members. Child care available. Call Dial-A-Nurse at 939-7878 to register. Class size limited.

INFANT SWIM RESOURCE

A swim class in which children ages 6 months to 5 years spend 10 minutes (5 days a week) for 4-6 weeks with a nationally certified ISR instructor. Sign up online at www.wee-swim.com.

MOMMY & ME WATER CLASS

Mondays and Wednesdays

11:15 a.m.–11:45 a.m.

An introductory class for children 6 months to 3 years and their parents that promotes water safety and encourages happiness and confidence in the water. Class size limited. Pre-registration required. Free for members; \$80 for non-members. Call 408-6530.

GYMNASTICS

Tuesdays

10:00 a.m. (3-4 years) and

11:00 a.m. (4-5 years)

Thursdays

5:00 p.m. (3-5 years) and

6:00 p.m. (6-9 years)

Head Over Heels Gymnastics promotes coordination, flexibility, and balance. We teach gymnastics at your child's individual level in a fun, creative, and positive environment; therefore developing self-confidence, a love for fitness, and a sense of achievement. Call Erin Metzger at Head Over Heels Gymnastics at 981-2720 to enroll in these 8-week sessions.