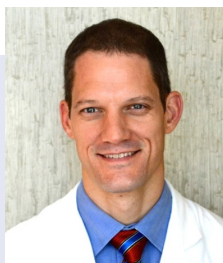




# One Nineteen

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



## Breakfast with the Doc

I Think I Have a Sinus Problem

September 24  
8–9 a.m.

Join Kristopher Lay, MD, with Alabama Nasal and Sinus Center as he discusses how to differentiate between the various causes of a runny/stuffy nose. As we head into fall and sniffles are on the rise, Dr. Lay will share common nasal problems and ways to treat them. Bring your questions and enjoy a light breakfast. Free, but please register at 408-6550 by noon September 23.

## Fitness One Nineteen Hours of Operation

Monday–Friday  
5 a.m.–9:30 p.m.  
Saturday  
7 a.m.–6 p.m.  
Sunday  
1–5 p.m.

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

Call 408-6544 for the fitness desk.

## Allergy myths and realities: Pediatric expert offers parental advice

It's not your imagination, says Kristopher Lay, MD. Children really are developing more allergies than before. The real issue, says this Ear, Nose, and Throat specialist, is that no one knows why.

There are no shortage of public assumptions, some more harmful than helpful.

That's why wise parents rely on professional advice. Lay, who recently joined Michael Sillers, MD, in his Alabama Nasal and Sinus Center practice at St. Vincent's One Nineteen, addresses those issues daily as he treats children and adults. Here are some common allergy-related myths – and medical realities:

**Myth 1: Antibiotics help reduce allergies.** The reality may be the opposite, says Lay. "There are studies indicating that antibiotic overuse may prevent children's immune systems from fully developing. We now have a generation of kids that have been immunized from day one. They've got hand gel at every corner. We've been almost too concerned about killing off all bacteria. Then, as they get exposed to environmental challenges, they overact to those things. If your child has a cold with a runny nose and it's not a bacterial infection, let



their immune system take over."

**Myth 2: Avoid early exposure to pets and the outdoors.** "Don't be afraid to let your children get out in the environment early, and to have contact with cats and dogs when they're very young," says Lay of well-supervised outings for babies and toddlers. Research indicates children exposed to potential allergens early may develop better immunities against airborne allergens, compared to those kept in climate-controlled interiors.

**Myth 3: Careful parents can prevent food allergies.** "A lot of mothers think they should eat peanuts while pregnant, to avoid their baby having a peanut allergy," says Lay. "What the mother eats has nothing to do with it. A lot

of it is genetically determined." No evidence suggests withholding certain foods protects against allergies. Lay and his colleagues advise breast feeding for the first four months (or a hydrolyzed, non-soy formula), then introducing varied, age-appropriate foods as recommended by the pediatrician.

**Myth 4: Shots are the only treatment.** Sillers and Lay first advise allergy sufferers of all ages to know and avoid their triggers. Once identified, some reactions can be minimized by avoiding exposure to mold, pets or other irritants. When triggers aren't easily eliminated, medications can help. For those requiring more, immunotherapy options include not only shots, but under-the-tongue drops. Though drops are rarely covered by insurance, some sufferers prefer to pay for them, Lay says, for that at-home option.

The truth? Allergy risk factors include smoking exposure, family history, higher socio-economic status and first-born/only child. Allergies are less common for children in larger families or in day care. Although causes aren't always well understood, there are options for children and adults.



Know what's really important?  
**\$99 mammograms in October.**

St. Vincent's Health System

St. Vincent's One Nineteen cares about your health, so this October we are offering mammograms for \$99. It's just one of the many ways we help women stay healthy. Register for your mammogram today at 408-6450.

## Research Today for a Cancer- Free Tomorrow!

We all want to make a difference in someone's life. St. Vincent's One Nineteen is partnering with the American Cancer Society to provide a significant research opportunity. We are hosting the American Cancer Society's Cancer Prevention Study (CPS-3) on October 1. Individuals who enroll in the study will complete a survey about their health history and provide a small blood sample and waist measurement. Study participants will be followed over time via periodic, mailed surveys. Your involvement in CPS-3 will help researchers understand and ultimately determine ways to prevent cancer. Men and women, ages 30-65, who have never been diagnosed with cancer are eligible to participate. To reserve your appointment, visit [www.cps3birmingham.org](http://www.cps3birmingham.org).

## Overall Quality of Care Award

Outpatient Clinical Services at St. Vincent's One Nineteen received a national 4-Star award for Overall Quality of Care from Professional Research Consultants. This means that patients rated their experience as excellent and would recommend our services to their family and friends.



## SAIL: Stay Active and Independent for Life

SAIL starts this October at Fitness One Nineteen. It's an exercise program developed to increase your strength, balance, and overall health. Classes are specifically designed for adults to help prevent falls and keep you independent and active. Exercises have been tested with seniors and the instructors are trained for this

program. Exercises can be performed while sitting or standing. Each class is tailored to fit individual needs and can be customized for any fitness level. Free for members. Nonmembers/Guests \$10 per class or \$50 per month. Call 408-6544 for more information.

## Alabama Vision and Hearing Center

Fall is in the air, football season is around the corner, and kids are back in the classroom...at last! This is the ideal time to make sure your student can read the lessons, see the board, hear their teachers, and not be held back by any reduction in their hearing and vision.

### Did you know:

- 80% of all learning is performed through sight.
- 1 in 5 children enters kindergarten with an undetected vision problem.
- 60% of children labeled as "problem learners" actually suffer from undetected vision problems.
- Symptoms that parents need to be on alert: lose their place while reading, avoid close work, hold reading material too close, rub eyes, have head-

aches, turn or tilt head, make frequent reversals when reading or writing, omit or confuse small words, consistently perform below potential.

- Children need an eye exam at least every 2 years for those not wearing glasses or contacts.
- If a child waits too long to have an eye exam, a correctable visual problem may become permanent.

The doctors at Alabama Vision & Hearing Center in Suite 203 can care for your family needs from infancy to elderly. Check out the new frames from Cole Haan, Izod, and Tory Burch and see the specials so your kid will study in style. To schedule an appointment, call 888-841-EYES. Visit their website at [AlabamaVisionCenter.com](http://AlabamaVisionCenter.com).

## Diabetes Management Program – New!

The St. Vincent's One Nineteen Diabetes Management Program provides continuing education and wellness opportunities to enhance and expand on the information provided in a comprehensive diabetes education program. It is offered quarterly in a group setting. Patients will learn to manage their diabetes on a daily basis in order to prevent the long-term complications that can occur when diabetes is uncontrollable.

The Diabetes Management Program health-care team consists of a fitness specialist, registered dietitian, pharmacist, foot care specialist, and certified diabetes educator. Topics include functional fitness testing, eating out, medications, exercise, healthy shopping, cooking class, and lifestyle planning. Call 408-6550 for more information.

## Jump Start Program

For many, September is a new year, with initiatives to start over. Why wait until January to start with fresh goals for better eating and activity? Get a Jump Start to your New Year's resolutions by joining our program, Jump Start. This program provides structure and guidance with 16, 30-minute sessions (twice weekly) with a personal trainer and 4, 1-hour

long sessions with a registered dietitian. This program is the most cost-effective way to see both professionals while providing you a focus of eating and exercise at the same time. The program also includes a Body Gem (metabolism) test and a Bod Pod reading before and after. Cost is \$600 for the 8-week program. Call 408-6550 for more information.

## Eating Healthy Can be Easy

Healthy Chef To-Go is a program created by Wellness One Nineteen's registered dietitians with the help of Food Studio B to provide low-calorie, organic and locally grown home meals to members and guests of One Nineteen. Meals are made fresh and delivered to One Nineteen two times a week to be picked up and eaten over the following two or three days.

Meals are pre-packaged in microwaveable

containers. This is an excellent way to control your calories with satisfying portions at a reasonable price. Consider the cost of groceries and gasoline. It also takes time to plan and make your own healthy meals. Ordering is easy. To receive our weekly menu, contact Donna Sibley at [donna.sibley@stvhs.com](mailto:donna.sibley@stvhs.com) or 408-6550. You can place your order by e-mail or phone. Try it today!

## Empowering Women Health and Wellness Event

Women's physical, emotional, and spiritual health will be the focus of the first-ever St. Vincent's One Nineteen Empowering Women event on September 7.

The health and wellness-targeted gathering will start with Skin Authority CEO Celeste Hilling's keynote presentation, *Coping with Life Transitions and Curveballs*. Attendees may then choose from multiple breakout session topics before enjoying a Lunch with the Docs seminar, followed by a Health and Beauty Expo.

"I think women's health care has always been the heart of what St. Vincent's is all about," says William Johnson III, MD of OB/GYN Associates of

Alabama referring to the founding of Birmingham's oldest hospital by the Daughters of Charity. Johnson and Michael Clinton, MD of Clinton Plastic Surgery Center will offer their physician-based insights at the event. Mary Adams, MD of OB/GYN Associates of Alabama and James Towery, MD of Alabama Cardiovascular Group will also lead breakout sessions.

Other session topics include Birmingham Academy of Martial Arts' Senior Master Heather Potter's instructions

on *How to Fight Like a Girl: Self-Defense Strategies*, and Registered Dietitian Donna Sibley's tutorial on *Cooking Up Better Health in the Kitchen*.

### Empowering Women's Fast Facts:

- September 7 – 9 a.m.-2:30 p.m.
- \$99 mammograms available 8-9 a.m., if pre-scheduled. (Call 408-6450.)
- \$15 registration by September 3
- \$20 day-of-event registration starts at 8:30
- \$10 students age 16 or older with ID
- Free childcare (4 months to 6 years) with advanced registration
- Space is limited. Register with Dial-A-Nurse at 939-7878.

## Spa One Nineteen

*Fitness Member Special*

**15% Off Retail**

Offer valid through September 30

Call 408-6510 for details.

*Free child care center for ages 4 months through 6 years.*

## Run Away... From Domestic Violence

Come run with us for a great cause on Saturday, October 19. Run Away is the 7th annual 8K run and walk benefitting the King's Home (formerly known as the Hannah Home Shelby). Each year, the Hannah Home Shelby Auxiliary raises money for the operating expenses of the local King's Home, a 13,000-square-foot, Christ-centered residence for abused and homeless women and children fleeing domestic violence. This home serves the Greater Birmingham area by providing long-term care, spiritual healing, and a loving environment.

Many of the Auxiliary members are also members at Fitness One Nineteen, and One Nineteen proudly partners with them in hosting this event to help with this community commitment.

The 8K Race will begin at 8 a.m. at St. Vincent's One Nineteen on October 19 – rain or shine. The 8K course is USATF and takes the runners through the beautiful Greystone Founders community. This year,

the 8K will be chip timed for the most accurate results. The 1-mile fun run/walk will begin at 9:00 a.m. Awards for the 8K will be given to the top 2 finishers in each age group and to the male and female overall winners.

Registration is now open. You can register online by going to the "online registration" link at <http://www.runawayrace.com/>, or you can print out a registration form on the website with the "registration" link, or you can pick up a registration form at the fitness desk at One Nineteen beginning in September. And the fitness instructors at One Nineteen will soon begin training runs to get you ready. So what are you waiting for? Only the first 350 to register will be guaranteed a race t-shirt, so go ahead and do it today!

Questions – contact Angela Dunn at [angela.dunn13@gmail.com](mailto:angela.dunn13@gmail.com) or Mandy Cox at Fitness One Nineteen or by email at [Mandy.Cox@stvhs.com](mailto:Mandy.Cox@stvhs.com).

## Cooking Class for Kids with Diabetes

**October 10  
5–7 p.m.**

When dealing with diabetes, even adults have difficulty making adjustments to their regular eating routine. But when diabetes rocks a young person's world, food can be a major battle between parent and child. This is the best time to learn and make changes for a lifetime of living healthy with diabetes. Join Registered Dietitian Donna Sibley in preparing a diabetic-friendly meal and a snack-to-go with your child. Tips for eating will be discussed throughout the class. End the power struggle and allow an expert to teach the basics of eating while learning to cook. \$25 for one parent/one child; \$5 extra for additional family members. Offered quarterly. Minimum of 5 parent/child pairs. Call 408-6550 to register.

## News Bits

### Fitness One Nineteen Labor Day Hours

7 a.m.–5 p.m.  
Aquatics, 7 a.m.–4:45 p.m.  
Childcare, 7:45 a.m.–4:45 p.m.  
Kid Fit, morning classes only  
Group Exercise, morning classes only

### 2013-2014 Morning Kid Fit Schedule

September 2  
November 11, 25-27, 29  
December 20, 23, 24, 26, 27, 30, 31  
January 2, 3, 20  
February 17  
March 24-28

The Summer Kid Fit schedule starts May 27.

\*This calendar reflects the dates we plan to offer Kid Fit in the morning. Some dates may be subject to change. We may also add dates if there is enough interest.

### Parents' Night Out

Below are the 2013-14 dates for Parents' Night Out on Fridays from 5:30-9:30 p.m. Advanced registration and payment of \$10 per child is required. See Samantha Clayton for more information.

September 13, October 18, November 15, December 14 (Saturday), December 20, January 17, February 14, March 14, April 18, May 16



# 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](https://www.facebook.com/StVOneNineteen)  
[twitter.com/StVOneNineteen](https://twitter.com/StVOneNineteen)

## September 2013 Events Calendar

### Here To Serve You

**Diane Hughes**  
Membership Representative

**Jay Brock**  
Aquatics & Activities  
Supervisor

**Alexis Chimento**  
Spa Manager

**Mandy Cox**  
Fitness General Manager

**Jacqueline Gardner**  
Health & Wellness Services  
Director

**Scott Goggins**  
Service Integration Manager

**Shanon Hamilton**  
Clinical Services Director

**Toni King**  
Clinical Services Manager

**Donna Sibley**  
Registered Dietitian

### St. Vincent's One Nineteen Physician Specialties

Audiology  
Cardiology  
Dermatology  
ENT  
Family Practice  
Gastroenterology  
Internal Medicine  
Interventional Pain Management  
Neurology  
Neurosurgery  
Obstetrics/Gynecology  
Ophthalmology/Optomety  
Orthopedics  
Plastic Surgery

#### CHAPTER ONE NINETEEN

**September 3, 7–8 p.m.**

Join us for this monthly book club meeting where we will be discussing *Faith* by Jennifer Haigh. You may order the book at a 20% discount at 939-7766 and it will be delivered to One Nineteen for your convenience. October's book is *The Sandalwood Tree* by Elle Neumark. Book club is free but registration is suggested by calling 408-6550.

#### LIVING HEALTHY – SHOPPING TOUR

**September 5, 10:30 a.m.–12 p.m.**

Tour a local grocery store with a Registered Dietitian who will equip you with the information you need to make wise food-buying choices. This crash course in healthy shopping will leave you feeling less overwhelmed when it comes to meal planning. Limited to 12 people. Register at 408-6550. Meet inside of Publix at Lee Branch. Free but please register at 408-6550.

#### LIFESOUTH BLOOD DRIVE

**September 9, 7 a.m.–1 p.m.**

Give the gift of life by donating blood for those in need. The LifeSouth Bloodmobile will be stationed in the One Nineteen parking lot. No registration is necessary.

#### MEDICARE EDUCATIONAL MEETING

**September 9, 1–3 p.m.**

Blue Cross/Blue Shield will conduct a meeting to inform customers of upcoming changes in Medicare benefits. Open to the public and free of charge, but please register at 1-888-222-6165.

DISCLAIMER: The person discussing Medicare plan options is employed with Blue Cross/Blue Shield of Alabama and will be conducting a sales meeting to present Blue Advantage, Blue Rx, and C Plus. Plan information and applications will be available. Blue Advantage is a Medicare Approved PPO plan. Blue Rx is a Regional Medicare Prescription Drug plan. C Plus is a Medicare Supplement Select Plan B.

#### BLOOD PRESSURE/BODY MASS INDEX SCREENING

**September 10, 8–11:30 a.m.**

Every second Tuesday of the month, a representative from Wellness One Nineteen will be screening for blood pressure and BMI in the front entrance. Free.

#### CPR FOR FAMILY AND FRIENDS

**September 18, 6–8:30 p.m.**

Join us for a classroom-based, practice-while-you-watch DVD and instructor-facilitated program on how to perform the basic skills of CPR in adults, children, and infants and how to help an adult, child, or infant who is choking. It is designed for parents, family members, friends, older siblings, and babysitters age 11 years and older, who want to learn CPR but do not need a course certification card. \$20/person. Please call 939-7878 to register.

#### CUISINE AT ONE NINETEEN SUSHI MADE SIMPLE

**September 19, 6:30–8 p.m.**

If you love sushi and want to prepare fresh, delicious meals at home, then join Kelly Viall for this fun class. She will teach you the basics, from proper rice making to preparing your won sauce. This class is hands-on, so no one leaves feeling that they can't go home and prepare sushi (including cooked) for their friends and family. Kelly teaches 40-60 people every week at Pepper Place. These classes normally cost \$45 but we are offering them to you for \$25/person. Register by September 17 at 408-6550.

#### BLOOD CHOLESTEROL & GLUCOSE MONITORING

**September 20, 8 a.m.–4:30 p.m.**

Cholesterol and blood glucose screenings will be held 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.

#### GIRL POWER

**September 22, 2–3:30 p.m.**

A class designed to help girls 8-12 understand and accept the natural changes that occur with early adolescence. The program addresses developing a positive self image while accepting the physical changes that accompany puberty. For girls and a female adult relative or friend. \$5/girl. Call Dial-A-Nurse at 939-7878 to register.

#### QUICK & HEALTHY COOKING CLASS

**September 25, 10 a.m.–12:30 p.m.**

This class is for those who want to put a healthy meal on the table as well as develop cooking skills and share ideas with others about their favorite healthy meals. You will receive cooking tips and all the recipes prepared by you and your classmates. Following the preparation of your creation, lunch is served. \$30/class, includes lunch. Call 408-6550 for your reservation. Limit 10, minimum 5.

#### COMPREHENSIVE DIABETES EDUCATION

**September 27, 9 a.m.–1 p.m.**

If you have diabetes or are at risk, this seminar is a must. A physician's referral is required, and pre-assessments given preceding the class date. To register, please call 939-7248.

#### BREASTFEEDING

**September 28, 9–11 a.m.**

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

#### COPING SKILLS

**September 28, 12:30–2:30 p.m.**

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