Two years ago, Brenda Ladun and her dear friend Vickie Imbusch, both cancer survivors, found their diseases had recurred. Both of these mothers of young children resolved to beat their cancers again. Ladun was successful with her breast cancer bout, but Vickie succumbed to melanoma a year later.

Ladun vowed to change her annual Cancer Run to honor her friend’s memory and educate others on the dangers of this preventable disease. “Her death could save people’s lives,” says Ladun of the Cancer Run’s melanoma emphasis. This year’s event will be held January 30 at St. Vincent’s One Nineteen.

Robert Pritchett, M.D., agrees that education can be a key to skin cancer prevention. This St. Vincent’s dermatologist urges people of all ages to seek regular screenings and to protect themselves and their children from ultraviolet exposure. St. Vincent’s has conducted an annual skin cancer screening for 25 consecutive years.

“Any kind of sunburn presents a risk factor for melanoma,” says Pritchett. “There is no question that tanning beds can lead to skin cancer, too, in addition to their aging effects.”

St. Vincent’s One Nineteen Hosts Event with New Emphasis
Brenda Ladun Conquer Cancer Run January 30

St. Vincent’s One Nineteen
Saturday, January 30
8k walk/run at 8:00 a.m.
Fun walk/run at 9:00 a.m.
Register online at active.com
keyword search “Brenda Ladun”
Race Information: 205-930-8869
Fee $25.00 pre-registered.

St. Vincent’s One Nineteen will offer a children’s area, blood pressure screenings, tours, and cooking demonstrations.

Spa One Nineteen
Open House
February 10
5:00 p.m.–7:00 p.m.

Come help us celebrate our fifth anniversary. We will have refreshments, chair massages, hand massages, spa tours, and door prizes. We will offer discounts on select spa services if booked during the open house. There will also be specials on skin care and cosmetic products.

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.

St. Vincent’s One Nineteen Sports Injury and Performance Center

St. Vincent’s One Nineteen Health and Wellness, in response to the growing demand for sports medicine care of injured youth athletes, has created the Sports Injury and Performance Center on its campus. The center will provide two levels of service: 1. Sports-specific rehabilitation under the direction of Marc R. Bernier, Outpatient Rehabilitation Manager; and 2. Sports performance enhancement programs under the supervision of Sebastian Hudd and Harper Carson, which will include the integration of sports massage.

The holistic approach that will be the focus of the center will provide injured athletes with an opportunity to experience a seamless progression of sports medicine care from the initial injury, through physical therapy, and culminating in advanced functional training techniques to fully restore all components of athleticism. In addition, programs will be available to non-injured athletes to assist in their athletic performance via speed/agility training, core strengthening, dynamic flexibility, and functional strengthening.

For more information, call 408-6565.
For Your New Year’s Resolutions: Weight Control Program Options through St. Vincent’s One Nineteen

Scale Back Alabama is a free 10-week program designed to help you lose weight in a healthy way. Form a team of four to lose ten pounds each and you will be eligible to win $1,000 each. What if you are successful but your other team members are not? You will still be eligible to win $250. If money motivates you, begin looking for a team now and be sure to weigh-in from January 25–30. No need to sign up...just show up with your team to weigh in. You may weigh in at any St. Vincent’s location, but all team members must weigh in at the same location. Weigh-in dates and times for St. Vincent’s One Nineteen: January 25-29, 5:00 a.m. to 8:00 p.m. in the Fitness Area. For questions about Scale Back Alabama, call 408-6544.

For a more structured weight loss experience to increase your chances of success, join one of the following weight loss programs:

OPTIFAST Information Sessions
January 7, 14, or 21
6:00 p.m.–7:00 p.m.
Find out more about this weight management program for those who have 50 pounds or more to lose and have tried multiple diets with little success. Learn about this 18-week program with a long-term weight management group for a year’s worth of support. Protocol, costs, and insurance are discussed. This medically supervised, multi-disciplined team approach program averages about 2 to 4 pounds per week weight loss and includes behavior modification. Partial and short term programs now available. Information sessions free. Registration suggested. Call 408-6550.

Healthy Weight for EveryBody
Begins January 18 for eight consecutive weeks
11:00 a.m.–12:00 noon or 6:00 p.m.–7:00 p.m.
St. Vincent’s Health System presents Mayo Clinic’s Healthy Weight for EveryBody. Led by our registered dietitians, this eight-week weight management program offers weekly sessions. Cost: $250 for members; $350 for non-members, and includes an eight-week fitness membership. For more information, call Dial-A-Nurse at 939-7878.

Biggest Loser
For those of you who are looking for a way to break through and finally commit to losing weight and becoming healthier, St. Vincent’s One Nineteen is proud to present the Biggest Loser! Each participant will finish the program with the knowledge, skills, and abilities to lead a more active, fit, and healthy lifestyle! The competition includes six personal training sessions per week, nutrition consults, and monthly seminars. The first session begins January 4. Look for updates and progress reports from participants in future issues of this newsletter.

We are now taking applications for the next session, which begins in June. Participants must be willing to release results for publicity purposes (including your name, pre- and post-pictures, and measurements).

Please contact the Fitness Desk at 408-6544 for more information and requirements.

Pledge to Live a Healthier Life: Attend Heart Day February 20

Pledge to live a healthier life and get screened at St. Vincent’s Heart Day on February 20. Heart disease is the leading cause of death in the United States, and its symptoms can be difficult to detect. That’s why getting screened at Heart Day is so important.

For only $40 (a $350 value) you will receive an EKG, lipid profile, blood pressure screenings, basic metabolic profile, and t-shirt. Heart Day takes place at all five St. Vincent’s Health System locations: St. Vincent’s Birmingham, St. Vincent’s Blount, St. Vincent’s East, St. Vincent’s One Nineteen, and St. Vincent’s St. Clair.

Registration required by February 10; call Dial-A-Nurse at 939-7878 or 800-331-6777. Space is limited.
Physician News at One Nineteen

Tammy Leong, M.D., and S. Jason Smith, M.D., Internal Medicine physicians with Birmingham Internal Medicine Associates, P.C., are now seeing patients at St. Vincent’s One Nineteen in Suite 300.

Neil Meadows, M.D., Board Certified Family Practice physician with Birmingham Internal Medicine Associates, P.C., will see urgent care walk-in patients in Suite 300 on Mondays through Fridays from 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 with Doctors Leong, Smith, or Meadows, call 995-9909.

Cooking Classes at One Nineteen

On January 26, learn how to put an unexpected and healthy spin on comforting classics. The menu will include Chocolate Chipotle Chili, Smoked Gouda Macaroni and Cheese, and Warm Cranberry and Apple Crisp. Classes are $15 per person. Call 408-6550 to register.

Cuisine at One Nineteen is another popular cooking series taught by local chefs. Bring a bottle of wine and a few friends and learn to cook (and eat) a fantastic meal. Sign up now for the January 28 presentation by Executive Chef Patricia Gooch, or a Valentine’s Luncheon for Friends on February 12 with Mikki Bond, former owner of Cobb Lane and Lemongrass Restaurants. Call 408-6550.

Adult Drawing Classes for Fun and Relaxation

Shake off the stress of your day with this relaxing, low-key drawing class. While listening to music, we will use exercises from Betty Edward’s book, Drawing on the Right Side of the Brain, to release the dormant artists within all of us. All levels welcome.

These Wednesday art classes at St. Vincent’s One Nineteen will be held January 13 through February 10, from 6:30 p.m. to 8:15 p.m., in Studio 1. The fee is $75 for members; $85 for non-members.

For more information, contact instructor Adele Northington at 410-2685 or adelenorthington@gmail.com.

Conquer Cancer Run - continued

That’s why Pritchett encourages his patients to avoid tanning beds and to use sunscreens of at least 15 SPF or higher on bright days, with application 20 to 30 minutes before exposure. Sun-protective hats and clothing are also helpful near water and other high-UV places, along with beach umbrellas and other shade providers. “Broad-brim hats are best for protection of ears and neck, as well as the face,” Pritchett says.

“Melanoma and other skin cancers can strike at any age. We see it in children, in teens, and often in adults in their early 20’s. Any unusual moles should be shown to your primary care physician or dermatologist. The mortality rates are highest on men with moles on their back, where they have burned as young men,” Pritchett says. “If melanomas are detected early, they are usually curable.”

“The Cancer Run is designed to generate not only money for the American Cancer Society, but awareness and encouragement,” says Ladun. “If you can’t walk or run, just come out and watch at One Nineteen’s phenomenal facility. This is a celebration of life as much as a money raiser.” Participants can learn more about cancers of all types, and also enjoy cooking demonstrations that include tips for healthy eating for cancer patients.

Both Ladun and Pritchett hope the event will serve multiple purposes, encouraging those with cancer, raising research money, and preventing new cancer cases. “We have such great doctors in this community that we need to do everything we can to spread the word about cancer awareness, and how preventable and treatable cancers like melanoma are,” says Ladun.
January 2010 Events Calendar
Focus: Make a Fresh Start with Body, Mind, and Spirit

CHAPTER ONE NINETEEN
January 5, 7:00 p.m.–8:00 p.m.
Join us for this monthly book club meeting, where we will be discussing is The Weight of Silence by Heather Gudenkauf. February’s book to read during January is The Girl with the Dragon Tattoo by Stieg Larsson. 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.

CHOLESTEROL AND BLOOD GLUCOSE SCREENINGS
January 15
6:30 a.m.–12:00 noon
Cholesterol and blood glucose screenings will be held by appointment. The first screening is free for members; $20 for non-members and repeat visits. A sign-up list is available in the book between the locker rooms, or call 408-6550 to register.

MY BABY’S FOOD: A DIETITIAN’S GUIDE TO INTRODUCING HEALTHY BABY FOODS
January 16
10:00 a.m.–11:00 a.m.
Join Robbie Lewis, R.D., for this class on how to feed your child. She will discuss the proper introductions of solid foods, including superfoods, food allergies, and healthy homemade baby foods. Tasty examples will be available. Cost: $10 per person. Call 939-7878 to register. Free child care available.

COMPREHENSIVE DIABETES EDUCATION
January 22, 9:00 a.m.–1:00 p.m.
If you have diabetes or are at risk, this seminar is a must. A physician’s referral is required, and pre-assessments are given preceding the class date. Cost: To register, call 939-7248.

A WAIST-FRIENDLY REMINDER
January 26
11:00 a.m.–12:30 p.m.
Are chilly weather and shorter days leaving you longing for comfort food? Take comfort in this—not all delicious foods are unhealthy. Laura Self, R.D., will teach this healthy cooking class. Menu: soup, casserole, warm dessert. Fee $15 per person. Register by January 22 by calling 408-6550.

CUISINE AT ONE NINETEEN
January 26, 6:30 p.m.–8:00 p.m.
Executive Chef Patricia Gooch of Some宝贝 at One Nineteen will be your guest chef. Patti was classically trained in France at La Varenne Ecole de Cuisine. Bring a bottle of wine and a friend and enjoy the presentation and the tasting. $25 per person. Call for reservations at 408-6550.

CPR FOR FAMILY AND FRIENDS
This is 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 and older who want to learn CPR but do not need a course certification card. Call Dial-A-Nurse at 939-7878 for location, and times. Class size limited. Cost $20 per person.

INFANT SWIMMING RESOURCE
Monday–Friday
3:00 p.m.–6:00 p.m.
A swim class in which children ages 6 months to 3 years spend 10 minutes 5 days per week one-on-one for 4 to 6 weeks with a nationally certified ISR instructor. Sign up on-line at www.infantswim.com. One-time registration fee of $105 and $75 per week.

MOMMY & ME WATER CLASS
Tuesdays and Thursdays
9:30 a.m.–10:00 a.m.
An introductory class for children 6 months to 3 years and their parents. The instructor will introduce routines that promote water safety and encourage happiness and confidence in the water. Class size limited. Pre-registration required. Free for members; $80 for non-members. To register, call 939-7878 or 1-800-331-6777.

PRENATAL AQUATICS
Wednesdays and Fridays
12:45 p.m.–1:30 p.m.
Wednesdays
6:30 p.m.–7:15 p.m.
This class is an ideal way to decrease pressure and increase relaxation during pregnancy. Cost is $40 per month for afternoon classes and $20 per month for evening classes; open to members and non-members. Child care available. Call Dial-A Nurse at 939-7878 to register. Class size limited.

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 teaches gymnastics in a fun, creative, and positive environment. Contact Erin Metzger at 981-2720 to enroll in these 8-week sessions.