



One Nineteen

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

Breakfast with the Docs

Healthy Hearing and Vision

June 14
8–9 a.m.

Please join Britiany Pierson, Au.D. and Brittany Mitchell, O.D. with Alabama Vision and Hearing Center at St. Vincent's One Nineteen. Hear from experts in their fields as they share about the development of hearing and sight throughout your lifetime. Dr. Pierson and Dr. Mitchell will also discuss possible preventative measures and various treatment options for a variety of conditions. Call 408-6550 to register for this free seminar.

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.

The Big Three: Why Block Party screenings can help predict the future

John Farley, MD and his physician colleagues at Birmingham Internal Medicine Associates (BIMA) don't claim to be clairvoyant. You won't find a single crystal ball in their offices. They don't employ palm readers, and a Magic Mirror has never crossed the threshold of their offices within St. Vincent's One Nineteen.

Nevertheless, these doctors do employ tools that often predict the future with startling accuracy, indicating whether or not an individual is likely to have a long and healthy life.

The tools they employ aren't magic. Although some are technologically advanced, others are actually very common tests measuring individuals' blood sugars, cholesterol levels, and blood pressure rates. The resulting numbers of those common screenings – which might be labeled The Big Three – can serve as a triangular predictor of future health.

"If people would get screened for hypertension, diabetes and high cholesterol, and do what is necessary to get those numbers to appropriate levels, we could see an incredible population surge of healthy people in their 80s and

Block Party & Health Festival
Saturday, June 8

90s," says Farley. "I see healthy 85 and 90-year-olds in my practice daily who are still living independently, often because they have been careful to monitor these health concerns. We all want to stay healthy. One of the best ways to do that is to get these three risk factors under control."

Blood pressure

Although hypertension (high blood pressure) guidelines vary, Farley likes to see systolic (top) blood pressure at 130 or less and diastolic (bottom) pressure at 80 or less. "That's important, because as I tell my patients, measuring blood pressure is like measuring the pressure on pipes," Farley says. "Over the years, the higher the pressure, the more wear and tear you have on the pipes. That makes them more likely to burst. If they burst in the brain, you have a stroke – in the kidneys, kidney failure – in the heart, a

heart attack."

New research shows that pressure on heart arteries might contribute to plaque formation, further accelerating heart disease risks.

Blood sugar

Farley smiles when patients' fasting blood sugar is less than 110. Higher numbers are of real concern, because they indicate that the individual's bloodstream is carrying more sugar than the body needs. When that happens, those sugars are deposited in harmful places, like the eyes, kidneys, or other organs. Organ failure can eventually result. Sugars in arteries can lead to heart attacks.

"It hurts the whole body," says Farley of extra sugar deposits. "If sugar levels get too high, they can even put you into a coma."

Cholesterol

A healthy combined cholesterol count is less than 200. The HDL (good) numbers should be more than 40, Farley says, while the LDL (bad) numbers should be less than 100. That's because cholesterol fuels plaque that can cause artery blockages, leading to heart

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We Heard You!

Thank you for participating in our recent online survey. In response to your feedback, the following items have been implemented:

- Floors refinished in Group Exercise Studios and Gymnasium
- Healthy food options have been expanded in the Cafe
- Aquatics Center has new deck covering

Kids Corner: School's Out for Summer!

Camp 119

Summer is here, and the kids are out of school! Want a fun, healthy, convenient place for your kids to be each day? Why not bring them to Camp 119? We have great activities, events, and special guests planned this year. The McWane Center, Desoto Caverns, and Tumblebus will be here along with other local art and music professionals to give your children an exciting, enjoyable experience. We also have several group weeks planned where kids will learn to work as a team, as well as our other fun activities such as swimming and indoor/outdoor games. You can come for the day or the entire week. For more information and to get a registration form, visit us online at www.onenineteen.com/fitness.asp. You can also contact Jay Brock at 408-6540 or donald.brock@stvhs.com.

Pre-register now to save your spot!

Block Party and Health Festival Fun

Get a chair massage. Try out a free Zumba, spin, or hula hoop class. Check health indicators with free screenings of your cholesterol, blood sugar, and blood pressure.

Health care professionals and fitness experts invite everyone to One Nineteen's Block Party and Health Festival, a summer party held rain-or-shine on Saturday, June 8, from 5-8 p.m. Kids' activities will center on multiple inflatables and fitness challeng-

es ranging from NFL Fan Fare-styled competitions to obstacle courses. Participants will earn prizes for super-duper efforts.

Chill out to live music featuring the "Back in Time" and "Double Feature" Bands while enjoying delicious food options. Get your face painted. It's just another way St. Vincent's One Nineteen's wellness professionals want to help area residents kick off their fun-filled, safe, and healthy summer.

Burpees for a Cause

At the Block Party, support the American Heart Association/Birmingham Heart Walk and have fun torturing the Fitness One Nineteen personal trainers. For every dollar raised, the fitness staff will perform one burpee (\$250=250 burpees). For more information, contact Ryan.Pindroh@stvhs.com.



Join Our Run Club

Whether you are training for an event, looking to burn some extra calories, or need a social outing, Run Club is for you. Experience multiple routes through Greystone, Brook Highland, and even our own running trail. Free daily training programs for those training for an event. See the fitness desk for more information. Run Club is free for members and \$15 for guests.

Rowing Competition

Rowing is one of the few, non-weight bearing sports that exercise all the major muscle groups, including quads, biceps, triceps, lats, glutes, and abdominal muscles. Rowing improves cardiovascular endurance and muscular strength.

Week One

June 2-8
For time
2000 meter row

Week Two

June 9-15
For time
1000 meter row
800 meter run
1000 meter row

Week Three

June 16-22
5 x 500 meter row
*Each 500 meter row is
timed with 2 minutes rest
between.

Calculate total time include
two minute rest time.

Week Four

June 23-29
300 meter row timed
Max air squats in one
minute
300 meter row timed
Max sit-ups in one minute
300 meter row timed
Max push-ups in one minute
Post slowest row/Total Max
reps



BIMA is Making a Change

Birmingham Internal Medicine Associates is proud to announce the consolidation of our two offices into one new and improved office located in the state-of-the-art wellness facility at St. Vincent's One Nineteen. Drs. Alderson and Lockhart will be joining the One Nineteen office in Suite 300 in fall 2013. To make an appointment, please call 930-2060 or visit us at www.bimacp.com.



Spa One Nineteen

Fitness Member Special

Father's Day Package

\$180 includes
Gentleman's
Transformation Facial
and 60 Minute Deep
Tissue Massage!

Call 408-6510 for
details.

Parents' Night Out

June 14
5:30–9:30 p.m.

We will be creating a special craft with the kids to give for Father's Day. Swimming, games, and a movie will conclude the evening! Cost is \$15, but register before June 10 and receive a \$5 discount. Sign up at the fitness desk or with a childcare attendant.

Seeing Through the Eyes of Faith Fashion-forward eyewear with a faith-based value.

In 2013, Alabama Vision Center adopted a new line of frames and sunglasses that reflect the deeply rooted beliefs of the practice and make an international impact. Eyes of Faith, founded in 2008, seeks to provide high quality and fashionable eyewear for Christ-followers. Each pair incorporates a symbol to represent faith-based values, and select frames include a Bible verse inscription.

With every pair purchased, one pair of prescription glasses, readers, or sunglasses is donated to over 10,000 people in need through Sight Ministries. With this mission-propelled optical line, Alabama Vision Center hopes to reflect the common bond of faith held amongst its staff. Children, adults, and teens can demonstrate their faith with this line through the brands Veggie Tales, Not of This World, Eyes of Faith, and Women of Faith (Launching Fall 2013).



Family Fitness Day

June 18
10 a.m.

Have you thought how great it would be to include your family in your pursuit to exercise more regularly? Family exercise will improve the health of your loved ones, make exercise more fun, and at the same time develop stronger connections between all of you. With a little creativity, you can find a way to make it work for everyone. Join Brenda Colyer, Group Fitness Instructor and Personal Trainer, as she takes you and your child (children must be at least 10 years old) on the workout of your dreams. Your kids will LOVE it!!!



The Big Three – Continued

attacks or ischemic strokes.

What to do now

Block Party visitors can get free Big Three screenings – blood pressure, blood sugar, and cholesterol – at the event. Armed with the results, they might want to visit a primary care physician to assess their risks. Adults of any age with family history of strokes, heart disease, or diabetes should talk to a physician about an individualized screening schedule, Farley says.

Those with no family history of related disease might get baseline screens in their 20s, returning for regular checks in later decades, or whenever they've had a significant change in their weight or family members' health. If a doctor sees test numbers that raise concerns,

he or she might prescribe anything from an exercise regimen to a dietitian consult, or even prescription medications.

"There are some genetic predispositions that may put patients at risk despite healthy lifestyles," says Farley. "But if we catch that tendency early, we can address those concerns with medications as necessary."

Despite the festive atmosphere, don't expect any BIMA physician attending the June 8 Block Party to consult crystal balls or Magic Mirrors. His or her sage predictions for future health will be based on more reliable forecasting methods – including The Big Three.





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

June 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

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

CHAPTER ONE NINETEEN

June 4, 7-8 p.m.

Join us for this monthly book club meeting where we will be discussing *May the Road Rise Up to Meet You* by Peter Troy. You may order the book at a 20% discount at 939-7766 and it will be delivered to One Nineteen for your convenience. July's book is *Come in and Cover Me* by Gin Phillips. Book club is free but registration is suggested by calling 408-6550.

MEDICARE EDUCATIONAL MEETING

June 5, 10 a.m.-12 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

June 11, 8-11:30 a.m.

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

LIVING HEALTHY - NAVIGATING THE RESTAURANT MENU

June 13, 11 a.m.-12 p.m.

Americans are eating out more than ever which can lead to a recipe for excess calories, fat, and weight. Learn which restaurants are best for your health and how to select menu items that are beneficial rather than unhealthy. Free but please register at 408-6550.

PARENTS' NIGHT OUT

June 14, 5:30-9:30 p.m.

We will be creating a special craft with the kids to give for Father's Day. Swimming, games, and a movie will conclude the evening! Cost is \$15, but register before June 10 and receive a \$5 discount. Sign up at the fitness desk or with a childcare attendant.

THYME TO COOK FOR KIDS

June 17-21 (Ages 6-9) Theme is

Around the World in 5 Days

June 24-28 (Ages 10-12) Theme is

Around the World in 5 Days

July 15-19 (Ages 6-9) Theme is

From Farm to Fork

July 22-26 (Ages 10-12) Theme is

From Farm to Fork

8 a.m.-12 p.m.

This fun class will challenge your child to discover new ways to cook old favorites, investigate new foods, and explore healthy cooking for a lifetime of good eating. Kids will have the opportunity to taste various foods and gain confidence and independence in the kitchen all while having fun and playing games. Half-day program with Camp 119 available for \$17/day. Cost: \$175/session. For more information call 408-6550.

Drop by the Wellness desk for an application or download from the website.

FAMILY FITNESS DAY

June 18, 10 a.m.

Have you thought how great it would be to include your family in your pursuit to exercise more regularly? Family exercise will improve the health of your loved ones, make exercise more fun, and at the same time develop stronger connections between all of you. With a little creativity, you can find a way to make it work for everyone. Join Brenda Colyer, Group Fitness Instructor and Personal Trainer, as she takes you and your child (children must be at least 10

years old) on the workout of your dreams. Your kids will LOVE it!

BREASTFEEDING

June 20, 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

June 20, 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.

Coming in July and August

SUPERSITTERS

July 13, 9 a.m.-12 p.m.

For boys and girls ages 11 and above. Topics include: Childcare: An Awesome Responsibility
Developmental and Age-Appropriate Activities and Interests
Basic Childcare Techniques: Feeding, Bathing, Dressing
Safety: Think and Act
Call Dial-A-Nurse at 939-7878 to register. \$20/person.

SAFE AT HOME

August 17, 1-3 p.m.

For boys and girls ages 11 and above who might be home alone or caring for a brother or sister while parents are away. Topics include basic first aid and practicing safe behavior in the home. Call Dial-A-Nurse at 939-7878 to register. \$10/person.