



St. Vincent's
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

September 2011 Events Calendar

LUPUS SUPPORT GROUP

**September 3
10:30 a.m. - 12 p.m.**
This group supporting lupus patients and their families meets the first Saturday of every month.

CHAPTER ONE NINETEEN

September 6, 7-8 p.m.
Join us for this monthly book club meeting where we will discuss *The Russian Concubine* by Kate Furnivall. 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 for information.

QUICK AND HEALTHY MEALS

**September 8, 15, 22 and 29
7-8:30 p.m.**
Join Donna Sibley, RD, as she leads you through a month of menus. The course will be taught September, October and November and will feature new menus each month. Join for one month, two or all three. Call 408-6550 for more information or to register. Minimum 10 participants. Costs \$130 each month or \$330 for all three months.

OSTOMY SUPPORT GROUP

September 11, 2:30-4:30 p.m.
The Birmingham Ostomy Association is a volunteer-based health organization dedicated to providing education, information, support, and advocacy for people who have had or will have intestinal or urinary diversions. For more information, contact Lyn Hayes at 907-3706 or Sydney Bloom at 995-0149.

HEALTHY WEIGHT FOR EVERYBODY

**September 13 - November 1
Tuesdays
12-1 p.m. and 6-7 p.m.**
An 8-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 for more information.

BREASTFEEDING

September 17, 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 17, 12:30-2:30 p.m.
Pain management techniques for expectant mothers during delivery. Call 939-7878 to register. Cost \$10/couple.

COMPREHENSIVE DIABETES EDUCATION

September 23, 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.

FOOTBALL 101 FOR WOMEN

September 26, 6-8 p.m.
Enjoy a Ladies Night Out while learning about football from Al Del Greco, the well-known place-kicker for Auburn in the 1980s and several NFL teams, including the Green Bay Packers and the Tennessee Titans. A healthy tailgate meal will be provided to add to the atmosphere. No matter your allegiance, it is football season, and this fun time can get you in the frame of mind to enjoy the sport. Cost: \$12. Please call 408-6550 to register.

BLOOD CHOLESTEROL & GLUCOSE MONITORING

**September 27
8 a.m. - 4:30 p.m.**
Cholesterol and blood glucose

screenings will be held in the fitness area by appointment. If you have never received a free cholesterol and blood sugar screening as part of your fitness assessment, take advantage of this complimentary service. If you have, we are offering a special price of \$10 to encourage you to know your numbers. Call 408-6550 to register. A sign-up sheet is located in the book at the locker room entrance.

Enroll at any time:

BEGINNING HOOP DANCE

**Tuesdays and Thursdays
5:30-6:30 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.

PRENATAL AQUATICS

**Wednesdays
6:30-7:15 p.m.**
This class is an ideal way to decrease pressure and increase relaxation during pregnancy. Cost is \$20 per month. Child care available. Call Dial-A-Nurse at 939-7878 to register.

INFANT SWIM RESOURCE

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

MOM & ME WATER CLASS

**Mondays and Wednesdays
11:15-11:45 a.m.**
An introductory class for children six months to three 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.



St. Vincent's

September 2011

One Nineteen

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



Breakfast with the Doc
What's the Fuss with Vitamin D?
**September 21
8-9 a.m.**

Join John Farley, MD, with Birmingham Internal Medicine Associates as he discusses the new findings about the importance of Vitamin D and the latest research on osteoporosis and calcium. Nurses will receive 1.0 CEU. Please call 408-6550 to register for this free seminar.

What's the Fuss with Vitamin D?



Vitamin D has become a very popular topic in health-care in recent years.

There have been multiple studies showing a relationship or possible relationship to multiple diseases. Vitamin D has been shown to slow bone loss and reduce fractures, especially when taken with calcium.

Most studies show that Vitamin D supplementation improves balance in seniors and reduces the risk of falls. A deficiency of Vitamin D might play a role in the development of certain cancers, such as breast, colon, pancreatic, prostate and melanoma, although overall research has yielded mixed results.

So what do you really need to know about Vitamin D?

Vitamin D is the only vitamin that also exists as a hormone. Your body manufactures it in your skin in response to sunlight. Your body requires Vitamin D to absorb and utilize calcium, which helps to build bone.

Vitamin D exists in two forms: Cholecalciferol (Vitamin

D3) and ergocalciferol (Vitamin D2). Vitamin D3 is the form manufactured by your body, whereas Vitamin D2 is the form most often added to foods and supplements.

Vitamin D can be obtained in 2 ways: By dietary intake or by exposure of the skin to the ultraviolet rays of sunlight. You cannot ensure that you are getting adequate Vitamin D by just eating a balanced diet. You also need to make efforts to include a variety of outdoor activities in your daily life.

There is actually very little Vitamin D found naturally in the foods we eat. The best source of Vitamin D is cold-water fish, such as salmon or

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Here To Serve You

Alicia King
Membership Representative

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/Optomety
- Orthopedics
- Plastic Surgery

The "Ultimate Nutritional Lie Detector Test"
Are you eating enough fruits and vegetables?

Antioxidants are key components to our body's defense against a dangerous and common group of molecules called free radicals.

To prevent the threat of free radical damage, it is vital that our bodies maintain a strong antioxidant defense system. Now with the world's first-ever carotenoid scanning device—the Pharmanex Bio-Photonic Scanner—it is possible to obtain an immediate reading of a person's own antioxidant activity.

For the first time, carotenoid antioxidant levels can be measured in living human tissue through shining a laser-light onto the surface of a human hand.

When the purified blue laser light strikes a carotenoid molecule in the palm of the hand, it is slightly shifted towards a green light because of the chemical



make-up of carotenoid molecules.

Therefore, when a person's antioxidant levels are measured, the amount of reflected green light is gathered and assessed to produce a numeric reading known as a Body Defense Score, or skin carotenoid score.

This new technology allows for a noninvasive, rapid, accurate and safe

assessment of carotenoid levels in the skin, which correlate with levels of carotenoids and other antioxidants in your diet, blood and tissues. Since the Bio-Photonic Scanner measures carotenoid antioxidants, the Body Defense Score is an important indicator of the strength of the body's overall antioxidant defense system.

Powerful antioxidants are found in fruits and vegetables. The question is ... are you getting enough in your diet? Find out this month! Join Pharmanex distributor Christine Old and her team in the fitness area of St. Vincent's One Nineteen and discover your antioxidant score in only 90 seconds!

Dates, times and cost are as follows:
Monday, September 12: 6-11 a.m.
Monday, September 19: 4-7 p.m.
Cost: Only \$5 per scan



Urgent Care Walk-Ins Accepted

Neil Meadows, MD, Board Certified Family Practice physician sees urgent care walk-in patients in Suite 300: Monday – Friday 8:30 a.m. to 11 a.m. and 2 p.m. to 3:30 p.m.

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



Cuisine at One Nineteen Featuring Food of Southern Italy

September 15
6:30–8 p.m.

Join Chef Gray Byrum for a great demonstration and dinner. Food from Southern Italy is the fare for the evening, a popular and delightful cuisine. 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/person.

Run Away... From Domestic Violence

Register now and join the fun on Saturday, October 22, at St. Vincent's One Nineteen for Run Away . . . From Domestic Violence benefitting Hannah Home Shelby.

The 8K Race begins at 8 a.m. The Fun Run/Walk begins at 9 a.m. This is the fifth annual Run Away Race and it is growing!

This year's event includes something for everyone: a cooking demo by Chef Chris Vizzina, President of Slow Foods Birmingham, in cooperation with Jones Valley Urban Farms; a children's festival complete with a moonwalk, sack races, and other fun games; free health screenings; entertainment; and much more! Bring the whole family, enjoy the morning, and help women and children in need.

Register at the Fitness Desk

or online at www.runawayrace.com and click on the registration link. Put together a team of co-workers, neighbors, church members, or friends to walk or run.

Contact Marsha Drennen at mwdrennen@aol.com for team information. For sponsor or event information, contact Amy Reese at areese0617@charter.net.

Hannah Home Shelby is

a long-term, Christ-centered home in Shelby County meeting the needs of homeless and abused women and children.

Since the home opened in 2007, more than 450 moms and children have been served. The home is large and the needs are larger.

Please help us give hope to the hopeless. And all you have to do is Run, Walk or Zumba!

Help Fight Domestic Violence With Used Phones

Bring your no-longer-used wireless phones and accessories to help victims of domestic violence! Verizon Wireless will be collecting phones for its HopeLine® program at the Run Away Walk/Run event October 22. Bring your no-longer-used wireless phones and accessories from any wireless carrier to donate to HopeLine. Exclusive to Verizon, HopeLine turns these phones into support for victims of domestic violence through recycling and reuse as well as cash grants to non-profit organizations. For more information, visit www.verizon-wireless.com/hopeline.

Meals on Your Table

Many people feel that if they just had a personal dietitian it would be easy to get healthy meals on the table every night. Meal planning seems to be too time consuming and labor intensive after an already hectic schedule.

Cutting corners on eating a quality meal, not only can lead to unwanted pounds, but can compromise nutritional status. Eating too many foods out of boxes and wrappers, and too much dining out in general, keeps us from getting the proper nutrient mix.

This month, St. Vincent's One Nineteen rolls out a program that can save you time and give you guidance on what to prepare and eat on a nightly basis.

There are few shortcuts to healthy eating. But if you have

trouble with organization and planning meals and want some advice on the healthiest meals to eat, "Quick and Healthy Meals" can give you that personal dietitian you need.

During this four-week course, you will receive:

- Week-at-a-Glance with an opportunity to taste test most of the recipes suggested for the week
- Shopping lists to match the menus
- Recipes with nutritional analysis—all meals are under 600 calories
- Personalized Month of Menus with your input

September features menus with foods focusing on fresh produce. Although summer is almost over, this month will

allow you to be organized when the season rolls around again.

October will bring on holiday menus, recipe modification of your favorites, one-pot meals, and comfort food. November will focus on a fall/winter menu.

Classes are taught by Registered Dietitian, Donna Sibley. The cost for one or two months is \$130/month. Three months purchased in advance cost \$330 (\$60 discount). Call 408-6550 to sign up today.



• News Bits •

Labor Day Hours

Our fitness center will close at 7 p.m. on Labor Day.

Updated Guest Policy (effective September 1)

- Each guest is required to complete a registration and an assumption of risk form prior to using the facility.
- A \$15 guest fee is required by each guest using the facility more than the two complimentary visits and no more than 10 visits in a 12-month period.
- A valid picture ID must be presented each time a guest

enters the fitness facility prior to utilizing any of the fitness areas.

- Guest must be accompanied by an adult (18 years or older). Or if unaccompanied, arrangements must be made in advance with management.
- Expelled or suspended members may not utilize the facility as a guest.
- Temporary memberships can be purchased for guest utilizing the facility for a prolonged time period, but no more than 90 days.
- If a guest has not followed

correct procedures, they may be asked to leave the premises upon discretion of a membership representative.

\$99 Mammograms

We are offering \$99 mammograms in October. Early detection is the best weapon in the fight against breast cancer. Schedule yours today by calling 408-6450. During October, free childcare for patient's children (4 months to 5 years old) is available while receiving a mammogram.

Spa One Nineteen

Fitness Member
Special

15% off Pregnancy Massage

Call 408-6510 for details.

Offer valid through Sept. 30

Free child care for ages
4 months through 6 years.

Lunch and Learn

The "Whole" Story

September 9
12–1 p.m.

Are you confused about whole grains? Do you sometimes wonder what all the fuss is about including them in your diet? Bring your 100% whole wheat sandwich and learn about the anatomy of a whole grain, the benefits and the recommended amounts to include for children and adults. Also learn the truth about the products that tout them on their labels. Class is free but please register at 408-6550 by noon September 8.

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 times.

Call 408-6544 for the
fitness desk.

Massage Therapy for the Childbearing Year

By Rachel Sanchez, Certified Prenatal Therapist, Spa One Nineteen

Are you or someone you know pregnant? These nine months are filled with a cascade of emotions—joy, wonderment, excitement—just to name a few.

But as the weeks go by, worry, fear, and apprehension often creep in. The extra 25 pounds gained can tax the joints and neck. Back pain may be caused by improper posture, muscle weakness, tension, or imbalance.

How do you get relief? Pregnancy massage is therapeutic bodywork that focuses on the

dramatic structural, physiological, and psychological ways you are changed and challenged throughout pregnancy, birth, and postpartum. Massage can relieve some of the common discomforts of pregnancy, such as neck and shoulder pain and stress on the sacroiliac joints and hips.

A certified pregnancy massage therapist utilizes safe, nurturing, and effective massage techniques that are tailored to your special needs as they change through each trimester. It also supports the work of the

heart, increases cellular respiration, and reduces edema.

In the postpartum period, massage can facilitate the return to pre-pregnancy physiology, assist you in restoration of the abdominal musculature, and reduce and alleviate the muscle tension and stress associated with mothering tasks.

One of the most gratifying reasons to experience this therapy is the emotional support and loving nurturance it provides throughout the childbearing year.

Vitamin D – continued

mackerel.

There are small amounts in egg yolks, liver, and mushrooms. Several foods are fortified with Vitamin D, including milk, orange juice, breakfast cereals, and margarine. Cod liver oil, most multivitamins, and some calcium supplements contain various amounts of Vitamin D.

The best source of Vitamin D, though, is sunlight. However, current recommendations stress the avoidance of sun

and use of sunblock. This has the unintended consequence of increasing your risk of Vitamin D deficiency. Use of a sunscreen with an SPF of 30 will block 99% of the production of Vitamin D.

The recommended dietary allowance for most healthy adults up to age 70 is 600 IU and 800 IU for those 71 and older.

The Institute of Medicine does state that certain individuals may require more. These

include those with osteoporosis, those who are older and living in institutions, those with darker skin pigmentation, those with certain gastrointestinal disorders and those taking certain medications (especially certain anti-seizure medications, corticosteroids, and cimetidine).

On the other hand, patients with sarcoidosis or hyperparathyroidism should never take Vitamin D supplements without first consulting their physicians.