

# Health & Healing

HEALTH NEWS FROM NORMAN  
REGIONAL HEALTH SYSTEM

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*Your Guide to Health and Happiness*





## CEO LETTER

### Dear Friends,

Norman Regional Health System is dedicated to providing you and your family the best healthcare available. As part of this commitment, we are expanding our services to include a \$110 million hospital at I-35 and Tecumseh Road scheduled to open this summer. This hospital will feature Heart and Vascular, Orthopedic and Spine, and Women's and Children's services. After the new hospital is complete, we will be renovating the main hospital on Porter Avenue in the upcoming years. In addition, we will continue to focus on Moore Medical Center and recruit quality physicians and healthcare professionals to better serve the community of Moore.

We are committed to promoting wellness and improving the health of the communities we serve. This is why we sponsor, fund and support dozens of screenings and community health outreach programs throughout the year, including Healthy Youth, Fit Families, SNAP Camp and the Drive-Thru Flu Clinic.

We also offer a number of support groups and programs for our patients, families and community members.

I invite you to read this issue of *Health and Healing* and use the wellness calendar throughout the year. Thank you for your continued support of Norman Regional Health System, and we look forward to an exciting 2009!

Sincerely,

**David Whitaker, FACHE**  
President and CEO

# YOGURT POWER

You may be aware that the calcium in yogurt helps build strong bones and prevent osteoporosis, but did you know about the additional health benefits of yogurt?

- helps boost your immune system
- lowers the risk of high blood pressure
- relieves gastrointestinal conditions, such as constipation and diarrhea

The next time you are craving a healthy, tasty snack, grab a yogurt. To optimize the health benefits, look for low-fat yogurts that have less than 200 calories and 30 grams of sugar. You can also add fresh fruit, such as blueberries or raspberries, to plain yogurt to give it an antioxidant-rich kick.



# REDUCE CALORIES TO SHED POUNDS



A COMMON MISCONCEPTION ABOUT WEIGHT LOSS IS THAT YOU HAVE TO DENY YOURSELF ANYTHING TASTY IN ORDER TO SHED POUNDS. THE TRUTH, HOWEVER, IS THAT YOU CAN LOSE WEIGHT BY SUBSTITUTING CALORIE-LADEN FOODS WITH DELICIOUS, HEALTHIER CHOICES.

Cutting calories from your diet doesn't have to be a major undertaking. Simply eliminating 100 calories a day—or roughly 3,000 calories a month—will help you lose one pound of fat by month's end. Try these alternatives to cut your caloric intake and reduce your waistline.

- Bump your breakfast bagel in favor of a whole-wheat English muffin and save **150** calories.
- Drink unsweetened tea rather than sweetened tea or soda and save **150** calories.
- Use mustard instead of mayonnaise and save **90** calories per tablespoon.
- Eat chocolate sorbet instead of chocolate ice cream and save **280** calories per cup.

### Here for You

Norman Regional Health System has the resources and staff, including physicians and registered dietitians, to help you lose weight, feel great and look better. In addition, NRHS offers classes and support groups designed to help you learn how to improve your diet, eat out healthfully and help control your diabetes through diet (see the calendar on pages 4–7 for dates and times).

*For more information about dietary changes, call the Norman Regional Health System Diabetes Center at 405.307.5730 or the NRHS Nutrition Center at 405.307.6618.*

# A DECADE-BY-DECADE GUIDE TO BETTER NUTRITION

THROUGHOUT THE YEARS, YOUR BODY WILL UNDERGO MANY CHANGES, AND EACH DECADE BRINGS DIFFERENT NUTRITIONAL NEEDS. LIKewise, YOUR DIET SHOULD EVOLVE TO FULFILL THESE NEEDS. HERE'S WHAT YOU NEED TO KNOW TO MAKE SOME SIMPLE DIETARY ADJUSTMENTS THAT CAN IMPROVE YOUR HEALTH.



## Roaring 20s

The dietary habits you make in your 20s affect the rest of your life, and as you get older, keeping the weight off may not be so easy. It's important to eat plenty of fiber, fruit and fish to keep your blood sugar in check, protect against stroke and prevent heart disease. It's also essential to get plenty of calcium, especially for women who are at an increased risk of osteoporosis.

## Evolving 30s and 40s

Entering middle age means your metabolism slows down. Put all the dietary guidelines you learned in your 20s to good use, and reduce your intake of saturated fats, cholesterol and sodium. Common vitamin B6 deficiencies can be overcome by eating more lean chicken, nuts and bananas. Limit sugar and carbohydrates as well.

## Fabulous 50s and Beyond

At this age, you may notice you don't eat as much as you used to—and that's completely normal. However, because your appetite has waned, it is important to pack as many nutrients into your meals as possible. Add more lean protein to maintain a healthy

immune system and prevent muscle loss. It's also time to increase calcium consumption and fiber intake, as they are more critical than ever. Calcium can help continue to prevent osteoporosis, and fiber helps maintain colon health and digestive regularity.

*For more health tips, visit [www.normanregional.com](http://www.normanregional.com) and select the "Health Information" option.*



## SHOPPING FOR SUPER FOODS

Did you know some foods are loaded with nutrients that can actually help prevent disease? Read on to see what you should add to your grocery list.

- ✓ **Blueberries**—Fresh or frozen, these tempting berries are loaded with antioxidants, vitamin C and potassium.
- ✓ **Whole grains, dried fruit and beans**—What do these foods have in common? They're all high in fiber, which can help you keep your weight under control and aid digestion.
- ✓ **Salmon**—The omega-3 fatty acids in salmon may help lower your cholesterol and fight memory loss.
- ✓ **Dark chocolate**—Adding a little dark chocolate to your diet may help lower your blood pressure.



Use the following websites in your quest for information on healthy eating habits and happy lifestyle modifications.

[www.myhealthcommunity.com](http://www.myhealthcommunity.com)  
[www.calorieking.com](http://www.calorieking.com)  
[www.mypyramid.gov](http://www.mypyramid.gov)  
[www.smallstep.gov](http://www.smallstep.gov)  
[www.cdc.gov](http://www.cdc.gov)  
[www.bam.gov](http://www.bam.gov)  
[www.healthierus.gov](http://www.healthierus.gov)  
[www.healthfinder.gov](http://www.healthfinder.gov)  
[www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)



# Wellness Calendar

Winter 09

## Support Groups

### Aphasics Communication Group

Individuals with aphasia meet under the direction of a licensed speech pathologist. While discussion topics are chosen, the group is largely unstructured, allowing members the opportunity to talk about issues and concerns important to them.

Thursdays, 3 p.m., Physical Performance Center

*For more information, call 405.307.1718.*

### Bariatric Support Group

Provides information for those who have had weight-loss surgery or are considering it.

Fourth Thursday of every month, noon, Norman Regional third floor conference room.

*For more information, call 405.307.3405.*

### Breast Cancer Support Group

Provides education and emotional support to patients diagnosed with breast cancer.

First Tuesday of every month, 7–8:30 p.m., Education Center

*For more information, call 405.307.2620.*

### Cancer Support Group

Provides a confidential and safe atmosphere where patients, survivors, and their families and friends can talk about the challenges cancer creates.

Third Tuesday of every month, 7–8:30 p.m., Education Center

*For more information, call 405.307.1705.*

### Diabetes Support Group

Provides individuals with educational topics to increase awareness about diabetes and to aid with self-management.

Third Tuesday of every month, 6–7 p.m., Education Center

*For more information, call 405.307.5730.*

### Diabetes Pump Support Group

A support group specifically designed to address the concerns and issues faced by individuals on insulin pumps, individuals considering an insulin pump, or any friends or family members of an insulin pump user.

The group is free to the community and meets on a quarterly basis.

*For more information, dates and to register, call 405.307.5730.*

### Parkinson's Support Group

Support for those with Parkinson's disease and their family and friends.

First Thursday of every month (no meetings in January or July), 7–8:30 p.m., Education Center

*For more information, call 405.364.4493.*

### **Pride Support Group**

For those who have experienced the loss of a pregnancy, stillborn or newborn.  
*For more information and dates, call 405.307.3500.*

### **Proud Heart Cardiac Support Group**

For anyone in the community who would like to learn more about heart disease, but especially heart patients and their family members. The purpose of this group is to discuss topics that will educate and support patients with heart problems.  
*For more information and dates, call 405.307.1818.*

### **Rare Pair Support Group**

Support for moms of multiples.  
First Tuesday of every month, 6:45–9 p.m., Education Center  
*For more information, call 405.912.4260.*

### **Stroke Support Group**

An informational class about the stroke recovery process for caregivers, family and friends of stroke survivors. Class is set in a casual environment where a short presentation is provided and there is an opportunity to ask clinical experts about the stroke recovery process.  
Wednesdays, 3:30–4 p.m., Norman Regional Rehabilitation Center  
*For more information, call 405.307.3800.*

## **Programs**

### **AIM: Advanced Insulin Management Class**

*(Physician referral required)*

Individualized program for patients who are moving to advanced insulin therapy using basal and bolus insulins with multiple daily injections and includes carbohydrate counting. Family members are encouraged to attend as guests. Individuals should contact their insurance company regarding coverage benefits. \$62 per hour (approximately three hours). Fee is subject to change.  
*For more information, call 405.307.5730.*

### **The Arthritis Foundation Program**

Recreational program conducted in a heated pool. Adults with arthritis or related conditions may join the Aquatic program.  
Tuesday & Thursday, \$25; Monday, Wednesday & Friday, \$35.  
1–2 p.m., The Physical Performance Center  
*Class size is limited. To register, call 405.447.1571.*

### **Bariatric Nutrition Consults**

Outpatient nutrition counseling for individuals preparing to undergo any type of weight-loss surgery, including gastric bypass or gastric band; also for individuals needing post-operative follow up. By appointment only.  
*For more information regarding the Bariatric program, call 405.307.3039.*



### **Breastfeeding Class**

Teaches the fundamentals, techniques, advantages and importance of breastfeeding. Helps provide moms with answers to common challenges of breastfeeding. Open to moms and family members. Includes two class sessions. \$20 per couple. Limited to 25 mothers (couples).  
*For more information, dates and to register, call HealthLink at 405.440.8802.*

### **Cardiac Rehabilitation Education**

Various topics that will educate and support patients who have heart problems. For cardiac rehab patients and their families.  
Wednesdays, 10 a.m., NRH Cardiac Rehab  
*Classes are free, but registration is required. For more information or to register, call 405.307.1728.*

### **Type 2 and What to Do? Diabetes Self-Management Class**

*(Physician referral required)*

Provides comprehensive education to assist in managing diabetes. Topics discussed include: explanation of the diabetes disease process; nutrition management; exercise and activity; medications; self-monitoring; prevention, detection, and treatment of acute and chronic complications; risk reduction; goal setting and problem solving. Individuals should contact their insurance company regarding coverage benefits. \$602 for the seven-hour class. Fee is subject to change.  
*For more information, call 405.307.5730.*

### **Expectant Family Package**

The \$60 package includes a three-class series:

- **Nutrition During Pregnancy and Breastfeeding**—These classes are designed (but not limited to) women in their first trimester. A broad range of nutrition information will be covered along with adequate time for questions and answers.
- **Prepared Childbirth**—Includes topics such as signs of premature labor, stages of labor, coping tools, medications and breathing and relaxation; a birth film; and a labor and delivery room tour.
- **Well Baby Care**—First class deals with parenting, newborn capabilities, why babies cry and a car seat safety check demonstration. Second class is basic baby care, baby safety, baby products, and infant feeding and bathing.

*For more information, dates and to register, call HealthLink at 405.440.8802.*

### **Freedom From Smoking**

A six-week program based on the idea that using tobacco is a learned habit. The NRHS tobacco cessation program provides no scare tactics and no magic. But it does offer support, information and material that will help tobacco users in their efforts to quit. \$75 for the series; first class is free; scholarships available. *For more information, dates and to register, call HealthLink at 405.440.8802.*

### **Individual Nutrition Consults** *(Physician referral required)*

A broad range of outpatient nutrition counseling is offered for normal nutrition, weight loss and for disease management, including hypertension, heart disease, high cholesterol, high triglycerides and hypoglycemia. Clients are encouraged to bring a friend or family member. It is recommended that individuals contact their insurance company regarding coverage benefits. \$140 per hour and fee is subject to change. By appointment only. *For more information, call 405.307.5730.*

### **Infant/Child CPR**

Class to learn CPR procedures, how to assist choking infants and children, and general safety precautions. Ideal for parents with infants or people who work with children. This is not a class for CPR certification. \$40 per couple; \$32 per person. Fee includes class plus book. *For more information, call HealthLink at 405.440.8802.*

### **Occupational Flu Vaccines**

Flu vaccines given to employees of area businesses on-site. Fee is determined annually for companies with 15 or more employees. *For more information and to register, call 405.307.3172.*



### **Outpatient Diabetes Individual Consults** *(Physician referral required)*

Appointments may be scheduled for persons with Type I, 2 or gestational diabetes. Topics include: diabetes disease process, nutrition management, exercise/activity, medications, monitoring, risk reduction, goal setting, problem solving, preconception and management during pregnancy, insulin pump management and prevention/detection/treatment of acute and long-term complications. Clients are encouraged to bring a friend or family member. Individuals should contact their insurance company regarding coverage benefits. \$166 per hour; \$83 per half hour. Fee is subject to change. *For more information, call 405.307.5730.*

### **Outpatient Hepatitis B Vaccines**

By appointment only. Must be 18 years of age or older. \$40. *For more information, call 405.307.3172.*

### **Outpatient TB Skin Testing**

By appointment only. Must be 18 years of age or older. \$10. *For more information, call 405.307.3172.*

### **Senior Aerobics Classes**

Addressing the special needs of seniors with a focus on cardiovascular and range of motion exercises. Monday, Wednesday & Friday, 10:00 a.m., The Health Club \$2 per session. Free to members of The Health Club. *For more information, call 405.329.5050.*

### **Senior Vitality Senior Wellness Program**

Senior Vitality is a community wellness program for seniors age 55 and older. Programs and screenings to promote senior health are held throughout the year in the Education Center at the hospital. There is no charge to attend this program. *Participants must register with HealthLink at 405.440.8802. For more information and dates, call 405.307.1754.*

### **Senior Yoga Classes**

Addressing the special needs of seniors with a focus on a combination of strengthening and stretching performed at lower intensity with emphasis on breathing, posture and flexibility. Monday and Wednesday, 2 p.m., The Health Club \$2 per session. Free to members of The Health Club. *For more information, call 405.329.5050.*



### **Sibling Class**

A two-hour class for big brothers- and sisters-to-be. Class includes hands-on activities, a tour, short video, a special photograph for each child and discussion on what a baby looks like and how a baby acts. Recommended for children ages 3 to 8 years old, accompanied by a parent. Bring a doll or teddy bear and a picture of the child as an infant.

\$10 per child. Maximum enrollment is 12 children.

*For more information, dates and to register, call HealthLink at 405.440.8802.*

### **Speakers Bureau**

A free service designed to provide the community with accurate, up-to-date information on a variety of healthcare topics. Professionals including physicians, hospital administrators, nurse educators, nutritionists, psychiatric clinicians and other healthcare specialists provide

presentations to all age groups. The service is free. Submit your request at least four weeks prior to your program date.

*For more information and to register, call 405.307.6602.*

### **Super Sitters**

The super sitters class is open to youth 11 years and older. The course content includes discussion on childcare and development, introduction to CPR, First Aid and child safety and tips on starting a babysitting business. Certificates will be awarded upon successful completion of the class. Participants should bring a sack lunch or lunch money. \$30.

*For more information, dates and to register, call HealthLink at 405.440.8802.*

### **Wellness Physical Exams**

Annual physical exams to include various tests depending on the individual or company.

Fee varies depending on services provided.

*For more information and to register, call 405.307.3172.*

### **Moore Medical Center Programs**

#### **Breastfeeding Class**

Teaches the fundamentals, techniques, advantages and importance of breastfeeding. Helps provide moms with answers to common challenges of breastfeeding.

*For more information, dates and to register, call 405.912.3085.*

#### **Infant/Child Safety and CPR**

Class to learn CPR procedures, how to assist a choking infant/child and general safety precautions. Ideal for parents with infants or people who

work with children. This is not a class for CPR certification. Classes are limited to eight couples.

*For more information, dates and to register, call 405.912.3085.*

### **Prepared Childbirth Classes**

A five-week course with topics including: the third trimester of pregnancy, stages of labor, pain management strategies, breathing and relaxation, medications and interventions, postpartum and newborn care. Class includes a tour of the Women's Center. Bring two pillows and a support person. Dress comfortably. Early registration for this course is important. It is advisable to begin the class series around the 28th week of pregnancy.

*For more information, dates and to register, call 405.912.3085.*

### **Prepared Childbirth Weekend Class**

A one-day course with topics including: stages of labor, pain management strategies, breathing and relaxation, medications and interventions. Class includes a tour of the Women's Center. Bring two pillows and a support person. Dress comfortably. Early registration for this course is important. It is advisable to take the class between the 28th and the 36th week of pregnancy. Classes are limited to eight couples.

*For more information, dates and to register, call 405.912.3085.*

### **Sibling Class**

A two-hour class for big brothers- and big sisters-to-be. Class includes hands-on activities, short video, a tour of the labor/delivery rooms and discussion on what a baby looks like and how a baby acts. Recommended for children ages 3 to 8 years old, accompanied by parent. Bring a doll or teddy bear and a picture of the child as an infant.

*For more information, dates and to register, call 405.912.3085.*



## Exercise good judgment. Join The Health Club, a service of Norman Regional.

Get off the couch and get into a fitness routine that fits your lifestyle! With our degreed, nationally certified exercise training staff and **more than 45 group classes** a week, you'll be back in shape in no time.

### THE HEALTH CLUB OFFERS:

- Weight training and a variety of cardio equipment
- Locker rooms with saunas and whirlpools
- Exercise program development
- Nursery service included with Family memberships
- Affordable membership rates

*Proud Sponsor of OU Athletics* 

405.329.5050  
NormanRegional.com

THE HEALTH CLUB  
3720 West Robinson  
Norman, OK 73071

MON-THURS : 5 am - 10 pm  
FRIDAY : 5 am - 9 pm  
SATURDAY : 7 am - 7 pm  
SUNDAY : 11 am - 7 pm