The New Women’s Center

LAPAROSCOPIC HYSTERECTOMY
Digital Mammography
VITAMINS FOR EVERY AGE
Level 2 NICU
TIMELINE OF WOMEN’S HEALTH
Dear Friends,

After months of planning, pre-construction, and construction, it was with great pride that TGMC opened the new Women’s Center in summer of this year. This one-of-a-kind facility dedicated to the special needs of women is an all-new, all-encompassing, state-of-the-art complex designed to provide comprehensive health care services for women of all ages and at all stages of their lives.

The only facility of its kind in the region, the two-story, 85,000 square foot facility centralizes all of TGMC’s women’s services under one roof. By locating all of our gynecological, obstetrical, and women’s diagnostic services in one building, we can provide more convenience, offer expanded programs and testing for better diagnosis and treatment, and establish greater continuity in the care our patients receive.

Additionally, the new Women’s Center offers the first Women’s Imaging and Breast Center in the region, which features digital mammography, stereo-tactic breast biopsy, 4-D ultrasonography, maternal fetal medicine and bone densitometry. This advanced technology gives us the capability to provide early detection of abnormalities in their beginning stages.

I hope you enjoy reading this special Women’s Center edition of Take Care Magazine and look forward to the opportunity of providing you a health care experience unmatched in the Tri-Parish area.

Sincerely,

Phyllis Peoples
President and Chief Executive Officer

A letter from the CEO

“...and the care at Terrebonne General was the best care I have ever received, for what I went through, I wouldn’t want to be anywhere else.”

— Darlene Verret, patient at the new Women’s Center
of Women’s Services at TGMC, the center was developed after extensive research and site visits throughout the country at similar women’s health care facilities. “Overall, the Women’s Center is one of the most efficient, and comfortable facilities of its kind and offers patients a quiet, peaceful environment,” Poole said.

**IN TOUCH WITH MOTHERS AND BABIES**

In the center’s obstetrics area, TGMC utilizes advanced fetal monitors and computer systems to closely monitor both mother and baby, enabling staff to always be in touch from any area of the labor and delivery unit.

In the case of a high-risk pregnancy, the center’s first floor houses a maternal fetal medicine clinic, designed for high-risk mothers who require the care of a perinatologist. Antepartal rooms in the labor and delivery unit allow staff and doctors to monitor obstetrics patients for testing, medical complications or in instances of pre-term labor.

For mothers in active labor, the center’s all-private Labor/Delivery/Recovery rooms (LDR) offer large, tranquil suites equipped with comfortable furnishings and top-of-the-line birthing and fetal monitoring technology. Following delivery, patients recover in these rooms while being monitored by professional, caring staff certified in inpatient obstetrics. Patients who have had a C-section or tubal ligation also recover in an LDR with a registered nurse trained in recovering post-op surgeries.

Following the recovery period, patients then move to a post-partal
room for the remainder of their hospital stay. This 20-bed unit offers large, private rooms in close proximity to the nursery.

From the moment they deliver their baby, patients may choose to have their baby “room in.” When not in the room with their mother, babies can be seen by family members through the nursery window any time, day or night.

**THE BABY’S ARRIVAL**

TGMC’s team of experienced maternal-child nurses begin taking care of your new baby upon delivery. As skilled neonatal care providers, the Women’s Center has a Level 2 Neonatal Intensive Care Unit (NICU), specializing in caring for babies born prematurely or those requiring focused care resulting from complications during the newborn period.

For mothers choosing to breastfeed their babies, TGMC offers the opportunity to meet with a Lactation Consultant specially trained in working with breastfeeding mothers and infants during pregnancy and following delivery.

While under the care of the center’s skilled maternal-child team, patients and their family will receive individualized attention. The staff will conduct a needs assessment for the mother and recommend various programs to help ensure a healthy transition as a family takes their new baby home.

**JUST FOR WOMEN**

In the gynecological unit of the Women’s Center, TGMC physicians perform a variety of both inpatient and outpatient procedures including four types of hysterectomies - abdominal, vaginal, laparoscopic assisted vaginal and total laparoscopic. With 14 private rooms, five of which have courtyard access, patients can have same day surgeries and recover in the same unit.

In addition, the center offers gynecological diagnostic laparoscopy, a tool used to diagnose many gynecological disorders such as endometriosis, uterine fibroids and other structural abnormalities like ovarian cysts and adhesions (scar tissue). Another specialized service available is the loop electrosurgical excision procedure (LEEP), in which physicians remove part of the cervix in the event a woman has had an abnormal Pap smear.

The region’s first comprehensive diagnostic women’s center provides testing such as traditional and digital mammography, bone densitometry and 4-D ultrasounds. Stereotactic needle biopsies may also be done here, to determine if a breast lesion is cancerous.

All surgeries done at the Women’s Center are performed on the second floor. Five operating rooms are dedicated for women’s procedures, and private elevators allow patients to go directly into their surgery area, creating more privacy for both obstetrics and gynecology procedures.

“The atmosphere is just incredible,” Poole said. “Women are the focus. From both an emotional and psychological standpoint, the Women’s Center shows that we are sensitive to women’s needs – whether it’s obstetrics or gynecology.”

The new Women’s Center at TGMC offers the latest technology backed by the most experienced staff of doctors and nurses in the region. Whether a woman is being guided through her pregnancy, a diagnostic procedure or surgery, the Women’s Center provides a comprehensive approach to women’s health care, for every stage of a woman’s life.

For more information on the Women’s Center, call 985-873-4616 or log on to www.tgmc.com.

See page 6 for a listing of the OB/GYN physicians on active staff at TGMC.
Beginning months before delivery, Terrebonne General Medical Center (TGMC) offers classes and information to help mothers on their way to the big day – arrival of the new baby. Classes are designed to meet the physical, mental and emotional needs of the entire family and stress the importance of proper prenatal care.

The Bright Beginnings program helps patients and their families prepare for delivery and postpartum recovery through a variety of classes. A team of certified childbirth educators provide the latest information in a professional and caring environment. In order to cover the basic expenses to host these educational classes, a small fee is required at the beginning of the session.

Prepared Childbirth Classes are a series of courses designed to educate the first-time parents and also serves as an excellent review of the labor process for even the most experienced parents. The Hands-on Parenting/Teen Childbirth Education class is designed to educate the teenage mother and her support person(s) for the delivery and care of her baby. A Sibling Class helps children ages 2-10 who are becoming big brothers or sisters and covers topics such as jealousy, delivery, hospital care and newborn care. Breastfeeding classes prepare the expectant family choosing to breastfeed, or to help those families uncertain of their feeding choice in the decision-making process. The Mommy and Me Support Group is ongoing and provides new moms the opportunity to interact with other new mothers and ask questions on various newborn topics. Infant Massage Classes help promote parent/infant bonding and the importance of touch in a child’s development.

Classes are offered regularly. To register, call 1-888-543-TGMC. To schedule a tour of The Women’s Center or to ask questions regarding programs, please call the Childbirth Education department at (985) 858-7173.
Taking care of all generations

OB/GYNs on active staff at TGMC bring to the Women’s Center comprehensive health care for women of all ages.
MORE THAN ONE IN FOUR WOMEN in the United States will have a hysterectomy by the time they reach their 60th birthday, new options are available now, making the procedure less invasive and offering a faster recovery time. Total Laparoscopic Hysterectomy (TLH) is quickly becoming the most popular way to perform the second most common surgical procedure in the country.

According to Dr. Robert V. Cazayoux, Jr., his practice performs 90 to 95 percent of hysterectomies in that fashion. When compared to the three other types of hysterectomies – abdominal, vaginal and laparoscopic-assisted vaginal – Dr. Cazayoux, Jr. explained that the risks are not different, but the benefits for the patient are greater. Many of the reasons for having a hysterectomy, such as fibroids, ovarian cysts, endometriosis, abdominal bleeding and pelvic pain, are all treatable with TLH.

“The best thing about this procedure is that it allows us to include so many more patients,” said Dr. Richard J. Clement, Jr. “In the past, most patients with prior C-sections or enlarged uteri were excluded from a laparoscopic or vaginal hysterectomy. We had to resort to performing an abdominal hysterectomy. Now, with the latest laparoscopic technology on the market today, we are able to do our most difficult hysterectomies using the TLH technique. It’s to the point now that almost none of the patients in our practice have abdominal hysterectomies.”

The term ‘total hysterectomy’ refers to the surgical removal of the uterus and cervix, whereas ‘oophorectomy’ refers to the removal of the ovaries. “With a TLH
In a total laparoscopic hysterectomy, patients are left with only three minimal incisions, which significantly reduces the amount of post operative pain experienced.
EVERY PARENT HOPES FOR THE perfect pregnancy, a perfect delivery and a perfect baby, but this isn’t always the case. Not every baby goes full term, and every birth is unique. To ensure that every baby born at TGMC receives the high level of care it needs, the Women’s Center at TGMC offers an advanced Level 2 Neonatal Intensive Care Unit (NICU).

THE BEST IN THE REGION
Statistically, one baby out of every 10 will require some kind of assistance, and that’s where the NICU comes in, according to Dr. Bedford Nieves, Director of TGMC’s NICU. “We have the only Level 2 NICU in the Tri-Parish area that provides ventilator support for pre-term infants and neonatology coverage,” said Laura Poole, director of Women’s Services at TGMC.

TGMC’S LEVEL 2 NICU:
- Full-time neonatologist and board-certified pediatrician on staff
- Specially-trained nurse practitioners on staff
- Ventilators tailored for neonates
- Blood gas analysis
- Overhead infant warming systems
- Low lighting conducive to pre-term infants
- Phototherapy lights for jaundice
- Double wall isolettes
- Continuous brain monitoring in babies at risk for seizures

The NICU at TGMC is specially equipped and staffed by a full-time neonatologist and board-certified pediatrician (Dr. Nieves), along with specially-trained nurse practitioners and a core group of nurses with years of experience in neonatal care.

“Not all Level 2 NICUs have a neonatologist on a daily basis,” said Dr. Nieves. “We have the equipment we need to care for these babies, and we can consult with a cardiologist or a pediatric gastroenterologist, too.”

The eight-bed unit provides advanced, highly-specialized care for babies born prematurely (generally 30 weeks or greater) or those requiring focused care resulting from complications during the newborn period.

Among specialized features are ventilators tailored for neonates; blood gas analysis to measure oxygen in a baby’s blood; overhead infant warming systems; low-lighting that is conducive to pre-term infants; phototherapy lights for jaundice and double wall isolettes. These isolettes reduce the amount of water loss a baby experiences and also decrease the amount of noise in the unit, both of which help the baby to thrive and grow. TGMC will also soon start using continuous brain monitoring in babies at risk for seizures, a first in the Tri-Parish area.

According to Poole, TGMC’s NICU is the best Level 2 in the area and is comparable to high-tech units in Baton Rouge and New Orleans.

HELPING BABIES THRIVE
All of the thought, planning, work and love that went into designing the new NICU at TGMC was done with only one thing in mind. “Our goal is get our babies to where they normally would have been at the time of delivery,” Poole said. And the unit has an excellent record. “We have a 100 percent survival rate for babies born at 34 weeks or older when there is no congenital anomaly,” said Dr. Nieves. He also noted that he often consults with specialists about babies that have specialized needs. “If we can’t find the answer right away, we find someone who can,” he said.

The length of stay for a pre-term baby depends on how premature it was at the time of birth. If a baby is born at 32 weeks, it would likely stay in the NICU for a month. The NICU at the Women’s Center at TGMC can accommodate as many as 200 babies over the course of a year.

Nieves calls the NICU “one of the most modern I have ever seen.” Poole and the nurses who work in the NICU take an obvious pride in the state-of-the-art facility. “I love it,” Poole said. “We have a great team here that is dedicated to these babies.”

For more information about the new NICU at the Women’s Center at TGMC, call 985-873-4616 or log on to www.tgmc.com.

Bedford Nieves, M.D., is a board-certified neonatologist who serves as Director of the NICU at TGMC. Richard Brooke, M.D., is also a board-certified neonatologist and pediatrician on active staff at TGMC.
More than 200,000 women will be diagnosed with breast cancer in the United States this year, making it the most commonly diagnosed cancer among women. Early detection of any breast abnormalities can greatly reduce your risk of getting the cancer.

That’s why for women over the age of 40, Dr. Anne Walker, a radiologist at TGMC, recommends breast self-exams, clinical breast exams and annual mammograms. For over 35 years, radiologists have relied on screen-film mammography. This is the mammogram most women are familiar with. X-rays produce an image of each breast directly onto film, which radiologists examine for abnormalities.

Thanks to technological advancements, full-field digital mammography is now available in several regions across the United States. TGMC also features this state-of-the-art mammography technology.

Unlike film mammography, digital mammography takes an electronic image of the breast and stores it directly in a computer, allowing the recorded data to be enhanced, magnified or manipulated for further evaluation. The electronic image can then be printed on film, if need be. According to Dr. Walker, “A digital mammogram is faster, more comfortable for the patient and provides much better image quality for better early detection.” Digital mammography also allows improvement in image storage and transmission because images can be stored and sent electronically.

Digital mammography also features lower doses of radiation than traditional film mammography. While the amounts of radiation women are exposed to with film mammography are small, less radiation is always a benefit to our health.

This advanced digital technology also identifies abnormalities within the breasts more clearly than traditional film mammography.

For more information about mammography services at the Women’s Imaging and Breast Center at TGMC, call 985-873-4616, or log on to www.tgmc.com.

David Fakier, M.D., Ted Price, M.D., Robert Quinilty, M.D., John Steigner, M.D., Jerry R. Thomas, M.D., and Anne Walker, M.D., are radiologists at TGMC.

Some Benefits of Digital Mammography:
- Improved contrast between dense and non-dense breast tissue
- Faster image acquisition (less than a minute)
- Shorter exam time (approximately half that of film-based mammography)
- Easier image storage
- Physician manipulation of breast images for more accurate detection of breast cancer
- Ability to correct under- or over-exposure of films without having to repeat mammograms
- Transmittal of images over phone lines or a network for remote consultation with other physicians
A large and enthusiastic crowd turned out for TGMC’s First Annual Ladies Night Out, a fund-raiser gala to benefit women undergoing treatment for cancer.

The event was held on October 5 in the patio area at the new Women’s Center at TGMC, and the décor and theme definitely had attendees in the mood to “think pink.”

Upon arrival, guests traded in their shoes for comfortable slippers, put on a fun pink boa and entered a magical area done up in pink, including pink champagne, pink lemonade and even a pink chocolate fountain!

Accompanied by live music, guests enjoyed heavy hors d’oeuvres and bid on silent auction items that included everything from costume jewelry to elegant accessories, items from local retailers, and gifts and services for women, from dinners to salon sessions, gym memberships and much more.

Mistress of ceremonies for the night was cancer survivor Monica Rousse, and guest speakers included Debbie Petrie, a breast cancer survivor; Dr. Robert Gamble, an oncologist; and Dr. Charon E. Gentile, an obstetrician/gynecologist.

“The evening was about raising awareness, wellness and prevention and, most importantly, a night where ladies could come together to learn from the experiences of others in a fun and relaxed environment,” said Phyllis Peoples, President and Chief Executive Officer. Proceeds from the event will go toward purchasing special apparel and other TLC comfort products for women undergoing treatment. In addition, all attendees received a “goody bag,” filled with gifts and educational material about breast cancer and treatment options.

Ladies Night Out was such a big success, that plans are underway to make this an annual event.
PINK
FIRST ANNUAL "LADIES NIGHT OUT" A SUCCESS
Take charge of your health

We all know that early detection is the key to reducing illness and death. And for women, this is especially true. When women utilize preventive services for the early detection of disease and receive the proper treatment, the results can be dramatic. Unfortunately, studies show that women don’t take advantage of available health care services, often putting themselves last on the list when it comes to checkups, health screenings and proper health and wellness maintenance.

The first step to better health is knowledge about the steps you can take to improve your health. The National Women’s Health Information Center, part of the U.S. Department of Health and Human Services, recommends the following screenings and immunizations for women at average risk for disease. Follow these simple guidelines to improve your health and make your life as healthy as possible.

<table>
<thead>
<tr>
<th>Screening Tests</th>
<th>Ages 18-39</th>
<th>Ages 40-49</th>
<th>Ages 50-64</th>
<th>Ages 65+</th>
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</thead>
<tbody>
<tr>
<td>General Health</td>
<td>Yearly</td>
<td>Yearly</td>
<td>Yearly</td>
<td>Yearly</td>
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<tr>
<td>Pap Test</td>
<td>1-3 years</td>
<td>Every 1-3 yrs</td>
<td>Every 1-3 yrs</td>
<td>Every 1-3 yrs</td>
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<tr>
<td>Thyroid Test</td>
<td>Start at 35 then every 5 yrs</td>
<td>Every 5 yrs</td>
<td>Every 5 yrs</td>
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<tr>
<td>STDs/Chlamydia</td>
<td>If at high risk</td>
<td>If at high risk</td>
<td>If at high risk</td>
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<tr>
<td>Breast Self-Exam</td>
<td>Monthly</td>
<td>Monthly</td>
<td>Monthly</td>
<td>Monthly</td>
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<tr>
<td>Mammography</td>
<td>Baseline between ages 35-40</td>
<td>Every 2 yrs</td>
<td>Yearly</td>
<td>Yearly</td>
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<tr>
<td>Bone Density</td>
<td>Discuss with Physician</td>
<td>Discuss with Physician</td>
<td>Discuss with Physician</td>
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<tr>
<td>Cholesterol/ Lipids</td>
<td>Starting at age 20, then every 5 years</td>
<td>Every 5 yrs</td>
<td>Every 5 yrs</td>
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<td>Blood Sugar</td>
<td>Starting at age 45 then every 3 yrs</td>
<td>Every 3 yrs</td>
<td>Every 3 yrs</td>
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<tr>
<td>Colorectal</td>
<td>Yearly fecal occult, blood testing</td>
<td>Yearly fecal occult, blood testing</td>
<td>Yearly fecal blood testing</td>
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<tr>
<td>Eye Exam</td>
<td>Get eyes checked if there is a problem</td>
<td>Every 2-4 yrs</td>
<td>Every 2-5 yrs</td>
<td>Every 2-5 yrs</td>
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<tr>
<td>Hearing Tests</td>
<td>Starting at age 18 then every 10 yrs</td>
<td>Every 10 yrs</td>
<td>Discuss with physician</td>
<td>Discuss with physician</td>
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<tr>
<td>Oral Health Dental Exam</td>
<td>1-2 times per year</td>
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<tr>
<td>Tetanus Shot</td>
<td>Every 10 yrs</td>
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<tr>
<td>Influenza Shot</td>
<td>Discuss with physician</td>
<td>Discuss with physician</td>
<td>Discuss with physician</td>
<td>Yearly</td>
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<td>Pneumococcal Shot</td>
<td>1 time only</td>
<td></td>
<td></td>
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<tr>
<td>Hepatitis Shots A,B,C</td>
<td>If at risk</td>
<td>If at risk</td>
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<tr>
<td>Exercise</td>
<td>Aerobic &amp; strength training</td>
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<td>Folic Acid</td>
<td>400 mcg/day</td>
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<tr>
<td>Calcium</td>
<td>1000mg/day</td>
<td>1000mg/day</td>
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<td>1000mg/day</td>
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</table>
BRIGHT BEGINNINGS

Mommy & Me
Monthly
A group designed to offer mother-to-mother support in a fun and positive environment. Bring babies!

ESP [ Especially for Special Parents ]
Monthly
Parenting series for parents of children ages 5-17 years of age in association with Steps to Success.

Parenting Tips for Dads
Quarterly Class
A great program just for dads who want to gain more knowledge in the responsibilities and demands of parenting.

SUPPORT GROUPS

Resolve Through Sharing
Quarterly
For families who have lost a child before or immediately after birth.

Bosom Buddies
Monthly
A support group for breast cancer survivors.

Look Good, Feel Better
Every other month
Makeovers for cancer patients by a licensed cosmetologist.

CHADD
Monthly
A support group for families of children & adults with Attention Deficit Disorder.

Health & Wellness

Diabetes Screening
Monthly – By appointment
Screening includes checks for blood pressure and irregular heartbeat; tests for cholesterol and glucose; and references for those who test high. Cost: $10 per person. Must be over 18.

Kidney Options
Monthly
An educational class for persons facing dialysis or possible transplant.

SHIPP
Monthly
FREE health insurance information for Medicare recipients.

Alzheimer’s Caregivers Support Group
Monthly
Educational support group for caregivers.

Multiple Sclerosis Support Group
Monthly
Information and resource group for MS patients. This support group also teaches coping skills relating to the symptoms of MS.

For information on class times and/or dates, please call The OutReach Center at 985-876-7577.
Double TAKES

Multi-Vitamins
A good multi-vitamin should contain just the right balance of vitamins, minerals, amino acids, herbal extracts, antioxidants, bioflavonoids, enzymes and neuronutrients. Look for a multi-vitamin that is made “just for women.” These specialized formulas are not the same as you would find in a man’s formula.

What vitamins should you look for?
- **Vitamin A** – For smooth skin, good eyesight and healthy cell membranes.
- **Vitamin B Complex** – To support heart health, as well as skin and hair.
- **Vitamin C** – (with bioflavinoids) Famous as anti-oxidents and for the promotion of collagen for healthy skin.
- **Vitamin D** – Important to bones and joints and may help slow the development of osteoarthritis.
- **Vitamin E** – Offers support for heart function, cells, nerves, muscles, joints, skin and hair.
- **Vitamin K** – Important for bone health and aids in blood clotting. (anyone taking an anti-coagulant medication, such as Coumadin, should consult their physician.)

Why minerals?
- **Calcium** – Builds and maintains bone strength.
- **Magnesium** – Combats stress, assists in bone growth and helps to regulate body temperature.
- **Phosphorus** – Assists in the use of carbohydrates, fats, proteins for energy. Stimulates heart and muscle contraction and prevents tooth decay.
- **Potassium** – Aids in the conversion of glucose to glycogen, nourishes muscles, aids the kidneys.
- **Sodium** – Helps retain fluids that counteract dehydration.
- **Iron** – Helps form hemoglobin which carries oxygen to the body tissues.
- **Zinc** – Aids in healing, boosts the immune system and protects against pollution.

Amino acids
Amino acids are often referred to as building blocks. There are 22 amino acids that produce every single essential protein for the equilibrium of the human body.

Beneficial herbs
There are certain plants that are helpful in balancing female hormones, both pre-menopausal and post-menopausal. They include sage, black cohosh and wild yam.

Food for thought…
Finally, look for neuronutrients in your multi-vitamin. They help with cognitive function and brain power!

**BE T T E R  L I V I N G  T H R O U G H  H E A L T H y  A D V I C E**
There is no substitute for a doctor’s care and prescribed medicines, but vitamins, minerals, herbs and other women’s health supplements can be helpful in many women’s health issues.