

SARA LEE CENTER FOR
Women's
 Health Journal



FOR EVERY STAGE OF A WOMAN'S LIFE

SPRING 2011



Do You Have a Heart-Healthy Family?

Heart disease doesn't just affect adults. Kids are at risk, too, so make living healthy a family affair.
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Getting to the Heart of Menopause

Menopause can be a time when the danger of developing heart disease increases. Are you at risk?
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Heart Disease and Pregnancy

You can have heart disease and still have a healthy pregnancy and baby. Here's how!
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Go Green for Good Health

The *Women's Health Journal* is now available electronically! Our new digital version still offers great information to help you improve your health, all in a format that's also better for the environment. If you'd like to have the *Women's Health Journal* delivered to your inbox instead of your mailbox, please e-mail us at asksara@novanthealth.org.

Caring for Women's Unique Cardiac Needs

Forsyth Medical Center Opens Dedicated Women's Heart Center

Author John Gray's 1992 book *Men Are From Mars, Women Are From Venus* became a bestseller as a chronicle of the differences between men and women. Not unlike Gray's attempt to explain matters of the heart nearly two decades ago, physicians at Forsyth Medical Center today recognize that, from a purely medical perspective, there are significant differences between the hearts of men and women, and how each may experience the signs of heart disease.

That's why the new Women's Heart Center at Forsyth Medical Center provides specialized care in the diagnosis and treatment of women's heart disease. From education and prevention to the ways in which we identify and deliver cardiac care, our physicians and staff understand the uniqueness in treating the hearts of women.

"Heart disease claims the lives of more than 8,000 women in North Carolina each year," explains Lindsay Peral, MD, a family medicine physician with Maplewood Family Practice who is affiliated with the Women's Heart Center. "And while it seems that more of our female patients are becoming aware that cardiovascular disease is the No. 1 killer of women – both in North Carolina and nationwide – many have not been taught how heart disease symptoms differ between male and female patients. Many of them don't even know what individual risk factors they possess. That's why the FMC Women's Heart Center and the educational awareness we provide are so important."

THE FIRST STEP TO BETTER HEART HEALTH

Led by physicians, nurses and support staff who specialize in cardiac medicine, the Women's Heart Center offers women an opportunity to better understand their heart disease risk factors and how best to mitigate them.

"Not only should every woman know her Pap smear and mammogram results, but every woman should also know her heart disease risk factors," says David Bohle, MD, an interventional cardiologist with Winston-Salem Cardiology who is affiliated with the Women's Heart Center.

"All too often, women think they don't have time for this kind of preventive medicine – they're too busy with kids, work, significant others or volunteering. But our screening is easy, it's inexpensive, and it could ultimately save your life."



continued on page 2

David Bohle, MD, and Lilana Hines, LRT/CTRS,
a cardiovascular disease educator, at the Women's Heart Center.



The Sara Lee Center for Women's Health is committed to excellence in health services for women at all stages of life. From adolescence to early adulthood, mid-life to your senior years, we are your partner in good health. For more information about articles in this newsletter or other women's health issues, call us at 336-718-3780.

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Dear Friends,



This month, we celebrate the 10th anniversary of the Sara Lee Center for Women's Health. Our guiding principle has always been to provide remarkable healthcare that is tailored to the unique needs of women, and we are proud today to be the premier provider for women's health services in the Triad.

Each of our programs and services are designed with you in mind, whether it's our Total Control program, which helps women suffering from continence issues, or the new Forsyth Medical Center Women's Heart Center, which brings together the exceptional resources of both the Sara Lee Center for Women's Health and the Forsyth Cardiac & Vascular Center.

Thank you for your continued support of Forsyth Medical Center and the Sara Lee Center for Women's Health. We look forward to being your partner in good health for many years to come.

To your health,

Kirsten Royster

Kirsten Royster
Vice President
Forsyth Cardiac & Vascular Center
Sara Lee Center for Women's Health



Please Share Your Ideas!

Do you have ideas about this publication or suggestions for future articles? E-mail us at asksara@novanthealth.org.

Caring for Women's Unique Cardiac Needs

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In fact, our personalized heart disease risk assessment takes about an hour and costs only \$25. Although the assessment is not covered by insurance, financial assistance may be available.

Your experience at the Women's Heart Center begins with a comprehensive online survey that you can take at home. This health and lifestyle assessment, which is available by visiting www.forsythmedicalcenter.org/healthassessment, will help us better understand you as a person, including your nutrition habits, physical activity level, tobacco and alcohol usage, ability to cope with stress and family health history. Next, you'll be asked to come into the Women's Heart Center for a visit. At this consultation, we will perform several simple screening tests, including a:

- Blood pressure check
- Cholesterol blood test (total, HDL, LDL and triglycerides)
- Glucose blood test
- Weight / body mass index screening
- Non-invasive test to check for peripheral arterial disease in the legs (an ankle brachial index)

UNDERSTANDING YOUR RISK FACTORS

Armed with all this information, you will then sit down with one of our heart health counselors to discuss your results. One of the most important steps is to understand your risk factors. Current research shows that the four most important heart disease risk factors for women are:

- A family history of early heart disease (before age 55 for male family members; before age 65 for female family members)
- Diabetes
- Age 55 or older
- Cigarette smoking



For more information, or to schedule your personalized heart disease risk assessment, call **336-718-5748** or visit **ForsythMedicalCenter.org/WomensHeartCenter**

However, there are other conditions and lifestyle choices that can affect your risk for developing heart disease, including:

- Being post-menopausal, or having your ovaries removed
- Obesity
- A sedentary lifestyle
- High blood pressure
- High total cholesterol and/or low HDL cholesterol
- Metabolic syndrome (a combination of factors, such as those listed above)

PUTTING KNOWLEDGE INTO ACTION

Once you and your heart health counselor have identified your individual risk factors, you'll work together to develop a personalized wellness program you can put into place to help lower your risk for developing heart disease. Some examples of recommended activities may include:

- Blood pressure management
- Cholesterol management
- Blood sugar control for diabetics and pre-diabetics
- Exercise prescription
- Heart-healthy eating plan
- Smoking cessation support
- Stress management techniques
- Hormonal management

"In certain circumstances, a patient may be referred back to her primary care physician or a cardiologist for follow-up care, depending on her screening results," Dr. Peral adds. "Our hope is that the valuable, personalized information patients receive through their experience at the Women's Heart Center will help them partner with their physicians to adopt healthier lifestyles which will, in turn, reduce their overall risk of heart disease."

Is This What a Heart Attack Feels Like?

Fatigue, anxiety, disturbed sleeping, upset stomach – most people would attribute these ailments to a high-stress lifestyle. But for women, these symptoms may be the result of more than just having a too-long to-do list. They may actually indicate that you are having, or are about to have, a heart attack.

While most men associate a heart attack with a gripping or vise-like pain or pressure in the chest, women's heart attack symptoms are much more subtle. In fact, nearly half of all women who have a heart attack don't experience any chest pain at all.

Common Heart Attack Symptoms Among Women

- Anxiety • Cold sweat
- Lightheadedness or dizziness • Indigestion
- Unusual or excessive fatigue • Weakness
- Neck, shoulder, upper back, jaw or abdominal pain or discomfort
- Nausea or vomiting • Sweating
- Shortness of breath
- Sleep disturbance

"Although we still don't quite understand why, women experience these very interesting, very different symptoms in the days or weeks preceding a heart attack," explains David Bohle, MD, an interventional cardiologist with Winston-Salem Cardiology who is affiliated with the Forsyth Medical Center Women's Heart Center. "It's almost like they have a sixth sense or premonition that something's going to happen."

All too often, though, these unusual symptoms aren't thought of as precursors to a heart attack because they so closely mirror common health disorders. To help ensure that every potential heart attack is identified and treated as quickly as possible, Forsyth Medical Center now routinely examines all women who present with similar symptoms for a potential heart attack, including performing a non-invasive EKG (electrocardiogram) screening as a precaution.

"Although heart disease is the leading cause of death for women in the United States, there is still a common misconception that heart attacks only happen to men," Dr. Bohle says. "But heart attacks aren't biased – they can hit anyone. That's why it's essential that every woman learn to recognize the signs and symptoms of a heart attack, because the sooner you can call 911, get to the hospital and get treated, the better your outcome will be."





Easy Ways to Keep the Family Heart Healthy

- Limit TV and video game time to less than two hours a day.
- Make a family game out of chores such as raking the yard.
- Go for a post-dinner family walk.
- Take advantage of community resources such as the public pool and walking trails.
- Sign up for walk-a-thons and fun runs as a family.
- Involve kids in the grocery shopping and cooking, with a focus on choosing and preparing healthy foods and meals.
- Keep sliced fruit and vegetables handy for snacks.

But just as importantly, says William Hammill, MD, a pediatric cardiologist with Presbyterian Pediatric Cardiology, be sure to work with your family physician and your child's doctor to keep tabs on the family's health. Adults should receive regular screenings to check blood pressure and cholesterol levels, but regular physicals are important for children too, especially if they are overweight or already have cardiac problems.

Do You Have a Heart-Healthy Family?

Heat disease, high blood pressure, high cholesterol, diabetes...If these sound like problems that only affect adults, we've got news for you. They affect kids, too. The major culprit is obesity, which affects three times as many children now as it did 30 years ago. According to the American Heart Association, about one in three children and adolescents are overweight and at risk for serious health problems as a result. And since children who are obese are very likely to become obese adults, those health problems can be life-long.

HEART HEALTH IS A FAMILY AFFAIR

"Heart disease is a family matter, and preventing it has to be a family matter, too," says William Hammill, MD, a pediatric cardiologist with Presbyterian Pediatric Cardiology. "Generally speaking, kids eat the same foods their parents are eating, so they are at risk for the same health problems you are if your diet is poor. By the same token, if you aren't getting enough exercise, it's a good chance that your child isn't either. It's a big problem, and it's the major reason that more and more children are showing up in their doctor's office with symptoms of heart disease and diabetes."

Dr. Hammill says that for many families, the dinner table is a perfect storm of unhealthy foods containing high levels of saturated fat, cholesterol, sugar and sodium. This means fried foods, sugary breakfast cereals, canned high-sodium soups, high-fat dairy and fatty meats — and not enough of the good stuff, like whole grains and fresh fruits and vegetables. And with family time often happening in front of the television, instead of in the form of bike rides and visits to the community pool, both parents and kids can get caught in a cycle of poor nutrition, weight gain and related health problems.

But there's hope. According to Dr. Hammill, simple lifestyle changes implemented as a family can make a big difference. Start with changes in your own routine, and talk with your kids about why it's important for all of you to eat healthy and be active. If kids see that you are serious about living healthy, Dr. Hammill says, it will be easier to put them on a healthy track as well.



Celebrating 10 Years of Improving Health for Women and Girls

The Sara Lee Center for Women's Health is celebrating 10 years of improving health for women in every stage of life, from birth to adolescence, young adulthood to the senior years. Here are just a few of the highlights from our first decade.

GET ON A HEALTHY TRACK — TOGETHER

“Start by clearing your home of all those unhealthy foods — the canned soup, the frosty cereal, the potato chips — and replacing them with healthy options,” Dr. Hammill says. “If it’s not in the house, the kids can’t eat it — and you can’t either!”

Next, sit down as a family to craft an exercise plan that the whole family can stick to. Shoot for at least 30 minutes of activity at least five times a week, incorporating activities that your kids

enjoy, such as jumping rope, skating or swimming. Challenge each other to meet your activity goals for the week, with simple, low-cost rewards like a movie night (complete with healthy snacks, of course) at the end of the week to help keep everyone motivated.



KNOW YOUR NUMBERS

Do you remember what your cholesterol level was the last time you went to the doctor? What about your blood pressure or weight? Are you due for a tetanus shot anytime soon? When was the last time you had a physical?

Remembering all the important numbers and health screenings that are vital to good health can be difficult. But with the **Personal Wellness Record from the Sara Lee Center for Women’s Health**, you can keep track of all your test results, and also find reminders about any screenings you should have based on your age.

To get your own free Personal Wellness Record, contact the Hanesbrands Health Learning Center at 336-277-3934 or healthlearningcenter@novanthealth.org.



1977

Forsyth Memorial Hospital and NC Baptist Hospital **consolidate obstetrical services**, bringing highly skilled experts and the most advanced technology in the region together in one facility.

First baby born in new perinatal unit on Oct. 10.



1992

Forsyth Medical Center opens **The Women’s Center**, a state-of-the-art facility dedicated to providing comprehensive obstetrical and gynecological care.

2001

Sara Lee Center for Women’s Health opens with the help of a \$5 million donation from the Sara Lee Corporation*.



* The local Sara Lee operations are today known as Hanesbrands Inc.

Getting to the Heart of Menopause

Women of all ages need to learn about their risk for heart disease, especially women over 65. That's because, after menopause, a woman's risk for developing heart disease is greater than that for younger women. But the good news is that by partnering with your physician, you can stay on track with a heart-healthy lifestyle.

ESTROGEN AND YOUR HEART HEALTH

While the reasons why are not yet clear, experts know that estrogen plays a big role in younger women's lower incidence of heart disease.

"There is a lot of evidence that higher estrogen levels prior to menopause provide some protection for the heart," says Scott Washburn, MD, a gynecologist with Lyndhurst Gynecologic Associates. "After 65, women are two to three times more likely to have heart attacks, angina or other cardiovascular problems than younger women."

And because women are more likely than men to die of heart attacks, that means it is even more important as a woman ages to maintain healthy habits.

Heart-Healthy Habits after Menopause

- Eat a heart-healthy diet low in saturated fat, cholesterol and sodium
- Get regular heart health screenings to monitor cholesterol, blood pressure and blood sugar
- Take all medications your physician prescribes
- Don't smoke
- Get plenty of exercise
- Consider a visit to Forsyth Medical Center's new Women's Heart Center (see page 1)



Celebrating 10 Years

2002

25th anniversary celebration of consolidated obstetrical services — 25 years of having the region's most advanced technology and skilled physicians together in the same facility.

2004

Hispanic/Latina Outreach program launches.

Brewer Quintuplets born at FMC — **first set of quintuplets** born in Forsyth County.



2005

FMC breaks ground for new **North Tower Pavilion** to house Sara Lee Center for Women's Health.

WHAT ABOUT HORMONE REPLACEMENT THERAPY?

In January 2011, the Women's Health Initiative, a project sponsored by the National Institutes of Health (NIH), completed its 15-year study aimed at improving health in postmenopausal women in the areas of heart disease, colorectal and breast cancer, and osteoporosis. As part of the study, researchers compared the heart disease risk of women who received hormone replacement therapy (HRT) in the forms of estrogen plus progestin and estrogen alone.

The study showed that women who only received estrogen had no lower risk for heart attack, while their risk for stroke and blood clots went up. Women who received estrogen plus progestin had a higher risk of heart attack, stroke and blood clots — not to mention breast cancer.

"What this shows is that even though it replaces the estrogen levels that drop during menopause, HRT does not lower a woman's risk for cardiovascular disease and can actually increase it," Dr. Washburn says. "For many women, HRT can be an effective way to manage the life-altering symptoms of menopause, but it should only be used in the early stages and at as low a dose as possible."

Dr. Washburn also cautions that women with existing cardiac issues or risk factors for heart disease should discuss those issues with their physician before beginning HRT. That means women with:

- A personal or family history of heart attack or stroke
- High blood pressure
- High cholesterol
- Diabetes
- A personal history of breast or gynecological cancer

Heart Health Resources

The Sara Lee Center for Women's Health and the Forsyth Medical Center Women's Heart Center have many resources to help women of all ages live heart-healthy:

- **Heart disease screenings**
Call 336-718-5748 to register for a free screening and learn about your heart disease risk.
- **Peripheral artery disease (PAD) screening**
Peripheral artery disease, a serious illness, raises your risk for heart attack and stroke as you age. Call 1-888-844-0080 to register for a free screening.
- **LiveSmart Therapeutic Lifestyle Change Program**
Lower your heart disease risk with this nine-week program that offers seminars, screenings and fitness planning. Fees vary. Call 1-888-844-0080 for more information or to register.
- **Menopause: Let's Talk**
Learn about menopause and its affect on your heart health. The discussion will also include symptom management and partnering with your physician. The next class will be held Aug. 9. There is a \$20 fee to participate. Call 336-718-7000 for more information or to register.

2006

Girls on the Run running program launches in Forsyth County, giving local preteen girls a healthy way to build self-esteem.



2007

New **North Tower Pavilion** opens.

Neonatal Intensive Care Unit expands to 40 beds.

Body Mass Index (BMI) screening program launches in partnership with area schools.



Heart Disease and Pregnancy: What You Need to Know

When preparing for the birth of a child, a mother-to-be has many health issues to consider: back pain, changes in her sleep and eating habits, and concerns about gaining the right amount of weight. But for some women, heart health is an added concern due to pre-existing heart problems and to changes in the heart's workload that occur as a normal part of pregnancy.

"During pregnancy, the mother's heart literally begins pumping for two," says Heather Mertz, MD, a maternal-fetal medicine

specialist with Wake Forest Health Sciences and medical director of maternal-fetal medicine at the Sara Lee Center for Women's Health. "A pregnant woman's blood volume increases by as much as 50 percent, which requires the heart to work much harder than when she is not pregnant. Once labor begins, the heart's workload increases once again, and the mother will experience fluctuations in blood pressure and flow as the uterus contracts. In a woman with a healthy heart, this generally does not result in serious complications, but women with existing heart problems need extra care in order to have a safe pregnancy and delivery."

Heart Problems that Can Impact Your Pregnancy

- **Aortic Stenosis (AS):** Because AS impedes blood flow through the heart, women with this condition may require surgery before becoming pregnant to minimize risks.
- **Atrial Septal Defect (ASD):** Patients with an ASD may experience fatigue and palpitations and more frequently have more elevated blood pressure, and there is a risk that a child will also have an ASD.
- **Coronary Artery Disease (CAD):** Patients with a personal or family history of heart attack or coronary artery disease are at a significantly greater risk for

complications during pregnancy. Patients who smoke or have high blood pressure or diabetes along with CAD are at an even greater risk.

- **Mitral Stenosis (MS):** A pregnant woman with MS, or a narrowing or blockage of the opening of the mitral valve, may have significant problems during pregnancy such as arrhythmias or fluid accumulation in the lungs.
- **Mitral Valve Prolapse (MVP):** Because MVP affects the mitral valve's ability to close properly, women with this condition may experience palpitations and at times require extra fluids intravenously during labor.
- **Peripartum Cardiomyopathy:** This rare form of heart failure develops at the end of pregnancy or up to six months after childbirth. Patients with multiples, hypertension or preeclampsia are at risk, as well as older and African-American women.
- **Ventricular Septal Defect (VSD):** This is an opening between the right and left ventricles of the heart, and for some women, the increased heart demands during pregnancy and labor can cause this defect to enlarge.



Celebrating 10 Years

2008

KidSmart program launches to help kids make healthy food choices.

Hanesbrands Health Learning Center opens.

Heaviest **combined-weight twins** in North Carolina history born at Forsyth Medical Center.

2009

Nutrition and Wellness Series launches. Six workshops provided in 2009.

Girls on the Run launches programs in Davie County.



2010

Nutrition Education Aimed at Toddlers (NEAT) program launches, empowering parents to help their young children develop healthy eating habits.

HEART RISKS FOR MOTHER AND BABY

In addition, women with no history of heart disease can develop certain heart problems during pregnancy, such as arrhythmias, heart murmurs, high blood pressure and even heart failure. In some cases, elevated blood pressure during pregnancy can represent preeclampsia, a condition which has risks for mother and baby. These can include accumulation of excess fluid in the lungs or around the brain; kidney failure; or restricted blood flow to the placenta. But with the right prenatal care, these conditions can be managed or even prevented.

“Heart disease doesn’t have to rule out a healthy pregnancy and baby, and, in fact, many women with heart problems have no complications during pregnancy or labor,” Dr. Mertz says. “With the right care, very close monitoring and a healthy lifestyle incorporating both good nutrition and a physician-approved exercise program, both mother and baby can thrive.”

If you have a history of heart disease and are considering becoming pregnant, the most important thing to do is get the best care you can — before, during and after pregnancy. A healthcare team involving your cardiologist, family physician, obstetrician and a maternal-fetal medicine physician can evaluate you to determine whether it is safe for you to become pregnant and, if so, what regular tests you will need both before and during pregnancy to monitor your heart function and the baby’s well-being. These tests can include echocardiograms, electrocardiograms and fetal ultrasounds, as well as other forms of fetal testing.



2011

On Feb. 4, Forsyth Medical Center opens the **Women’s Heart Center**, bringing together the resources of Forsyth Cardiac & Vascular Center and the Sara Lee Center for Women’s Health.

Forsyth MEDICAL CENTER
WOMEN’S HEART CENTER

Remarkable People. Remarkable Medicine.



Kernalville Medical Center Brings Convenient Hospital and Emergency Care

If you live in the Kernalville area, you’ve got something to celebrate. Kernalville Medical Center opened in March, providing local residents with 24-hour high-quality care.

The hospital has 46 inpatient beds, plus a four-bed intensive care unit for patients who need extra care and monitoring. The modern 24-bed emergency department offers 24-hour care, including treatment for stroke through its telemedicine link with Forsyth Medical Center’s nationally certified primary stroke center.

State-of-the-Art Technology

Kernalville Medical Center is one of the most technologically advanced hospitals in the region, with:

- Computerized tomography (CT) scanning
- Mobile magnetic resonance imaging (MRI)
- Ultrasound
- Diagnostic X-ray
- Fluoroscopy
- Nuclear medicine

Surgical Services

The hospital has four state-of-the-art operating rooms to serve patients in the areas of general surgery, orthopaedics, ophthalmology, urology, gynecology and ear/nose/throat (ENT).

24-hour Care by Inpatient Physicians

Patients will be cared for by physicians known as hospitalists, who work at the hospital. Because these physicians do not have outpatient practices, they are able to focus on caring for patients in the hospital.

Private Inpatient Rooms

All of the hospital’s 46 inpatient rooms are private, with a flat-screen television and a daybed so that family members can stay overnight.

The new hospital also offers:

- 24-hour pharmacy
- Volunteer-staffed gift shop
- 24-hour visiting hours, so that friends and family can visit whenever is convenient

For more information, visit kernalvillemc.org.



PROGRAMS FOR EVERY WOMAN

CONTINENCE AND PELVIC FLOOR CARE PROGRAM

This free program connects women with physician experts. Our female continence counselor will conduct a phone assessment and be a liaison between patients and specialists.

Call 336-718-4260 for more information.

MINIMALLY INVASIVE GYN SURGERY PROGRAM

This free program connects women with physicians who are experts in treating many gynecological conditions with minimally invasive surgical techniques. Our nurse will assist patients in finding a physician and will be a liaison between patients and specialists.

Call 336-718-4245 for more information.

FREE MONTHLY HEALTH SCREENINGS

Visit the Hanesbrands Health Learning Center on the third Wednesday of each month from 1 to 4 p.m.

Call 336-277-3934 for more information.

MENOPAUSE: LET'S TALK!

Join us for a discussion about perimenopause and menopause.

- Aug. 9, 5:30-7:30 p.m.
- Fee: \$20.

Call 336-718-7000 for more information.

TOTAL CONTROL™

Strengthen your core while improving bladder health and sexual response.

- Fee: \$99 for six-week session.

Call 336-718-7000 for more information.

PROGRAMS FOR EVERY WOMAN ...continued

YOGA FOR EATING

This class, which is led by a registered dietitian and a professional yoga instructor, combines nutrition education with yoga practice to teach you how to break unhealthy eating habits and get your mind and body in balance — without dieting.

- Available as both a one-day seminar and a 10-week class.
- Fee varies based on number of sessions.

Call 336-718-3281 for more information.

PROGRAMS FOR CHILDREN & ADOLESCENTS

NEAT®

Shows parents how to introduce healthy eating habits to children ages 1 to 4.

- Sessions available in Forsyth, Guilford and Davie counties.
- Fee: \$25 for four-week session.

Call 336-718-3281 for more information.

PROGRAMS FOR MOTHERS AND BABIES

BABY BOOT CAMP

This stroller-based fitness class — which is a perfect fit for women who are pregnant, are trying to become pregnant, or have children who still ride in a stroller — combines strength training exercises with cardiovascular drills to help moms get fit. Two class formats are available to accommodate all fitness

PROGRAMS FOR MOTHER'S AND BABIES ...continued

levels, with eight class sessions available throughout the week.

For more information or to register, visit www.babybootcamp.com.

BIRTH AND BEGINNINGS SERIES

This five-week series teaches you to work with your labor and how to be as comfortable as possible during labor.

- Includes OB tour.
- Fee: \$100 per couple.
- NEW – Two-session Saturday class.
- NEW – Classes in Clemmons and Kernersville.

Call 336-718-7000 for dates, times and registration.

BREASTFEEDING CLASSES

This two-week series meets once per week and focuses on how to begin breastfeeding, common nursing problems and how to store milk upon return to work/school. Bring a doll or stuffed animal. Dads encouraged to attend.

- Fee: \$25.

Call 336-718-7000 to register.

BREASTFEEDING SUPPORT GROUP

Get ongoing support from certified lactation counselors and other breastfeeding moms. This free support group meets on the first and third Thursdays of each month from 11:30 a.m. to 12:30 p.m. in the Community Rooms at Forsyth Medical Center's Sara Lee Center for Women's Health.

Call 336-718-5636 or 336-718-8233 for more information.

INFANT CPR

Based on the American Heart Association CPR for Family & Friends program, this class teaches how to perform CPR on an infant. Enrollment is limited.

- Fee: \$25 per person.

Call 336-718-7000 to register.



EN ESPAÑOL ...continued

PREPARACIÓN PARA EL PARTO

Acompáñanos en este viaje donde conocerás acerca del proceso del parto, nacimiento y cuidado del bebé. A través de charlas, películas y la practica de ejercicios aprenderás las maneras de enfrentar y manejar el dolor. Prepárese para el evento más imporanate de su vida: El nacimiento de su Bebé.

- 3 clases, 2 horas, Miércoles.
- Fee: \$25.
- Inscripciones al 336-277-0092.

RCP PARA BEBES

En este programa de la Asociación Americana del Corazón, usted conocerá las técnicas de resucitación cardiopulmonar (RCP) y cómo aliviar la asfisia. A través de un video y la practica, usted aprenderá las habilidades necesarias para salvar una vida.

- 1 clase, 2 horas.
- Fee: \$10.
- Inscripciones al 336-277-0092.

MAS INFORMACIÓN

Para obtener más información sobre la salud llame al Sara Lee Center for Women's Health al **336-718-3788**.

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HELP US MOVE MOUNTAINS

Every day, the Sara Lee Center for Women's Health touches the lives of women and infants in our community. We gratefully accept donations to help those who are most challenged to help themselves. Gifts may be made to a specific program or to be used where needed most. In the past, donations have been used to buy car seats for babies who don't have them, provide free mammograms for uninsured and underinsured women, and offer advanced educational opportunities for staff in the hospital's neonatal intensive care unit. All gifts to the Sara Lee Center for Women's Health through the Forsyth Medical Center Foundation are tax deductible to the extent allowed by law. **To learn how you can help, call 336-718-2101 or e-mail fmcfoundation@novanthealth.org.**



PROGRAMS FOR MOTHERS AND BABIES ...continued

INFANT MASSAGE CLASSES

These four one-hour classes teach the art of infant massage to new parents and other caregivers. Babies must attend, and enrollment is limited.

- Fee: \$50 per family.

Call 336-718-7000 to register.

"MEET THE DOCTORS" NIGHT

This free one-hour panel discussion features physicians who answer expectant parents' questions about childcare and parenting.

Call 336-718-7000 for dates and times.

OB TOUR

This free 75-minute tour of the Sara Lee Center for Women's Health helps expectant parents prepare for their child's birth. Enrollment is limited.

Call 336-718-7000 to register.

PRENATAL AND POSTPARTUM YOGA

Gentle, doctor-approved stretching exercises help expectant moms decrease pregnancy discomfort and prepare their bodies for labor and childbirth. After your baby is born, gentle yoga stretching can help return your body to its pre-pregnancy shape, or even better!

- Evening and Saturday prenatal yoga classes available.
- Postpartum yoga classes available either for moms only or for mom and baby.
- Fee based on number of sessions.

Call 336-414-5942 for more information.

VIRTUAL TOUR OF THE SARA LEE CENTER FOR WOMEN'S HEALTH

Experience an online tour of our obstetric facilities and services.

- Visit www.forsythmedicalcenter.org.

EN ESPAÑOL

TOUR DE MATERNIDAD

Usted probablemente tiene muchas preguntas sobre como prepararse para la llegada de su bebé y de su estadía en el hospital. Éste recorrido responderá muchas de sus preguntasy lo llevará a conocer la sala de maternidad.

- Primer Martes y Jueves de cada mes., 6-7 p.m.
- Inscripciones al 336-277-0092.

3333 Silas Creek Parkway
 Winston-Salem, NC 27103

www.forsythmedicalcenter.org

OTHER CLASSES AND INFORMATION

DIABETES PREVENTION CLASS

Type 2 diabetes can be prevented. If you have pre-diabetes, have impaired glucose tolerance or are at risk for diabetes, this class is for you.

• Fee: \$75.

Call 336-277-1660 for more information.

FREE DIABETES SUPPORT GROUPS FOR ADULTS

Meetings are bimonthly on Thursdays at 6 p.m. and are offered for both type 1 and type 2 diabetes. Hear interesting speakers and network with others who have diabetes. Held in the Forsyth Medical Center Diabetes and Nutrition Center.

Call 336-277-1660 for more information.



SPRING 2011

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For more information about the Sara Lee Center for Women's Health at Forsyth Medical Center or any of the articles in this issue, call 336-718-3780.



FREE HEART HEALTH SCREENING

Heart disease is a leading killer of women, and heart attack symptoms can be different in women than men. Learn how to know if you're at risk for a heart attack.

Call toll-free 1-866-392-3972 to register for a free screening.



FREE PERIPHERAL ARTERIAL DISEASE (PAD) SCREENING

PAD is a serious condition that affects people as they age and drastically increases the risk of heart attack and stroke.

Call toll-free 1-888-844-0080 to register for a free screening.



FREE STROKE AND HEART DISEASE PREVENTIVE CARE

Forsyth Medical Center's Heart and Wellness Department is seeking people at high or moderate risk of stroke and heart disease with no history of either to participate in a free, grant-funded preventive care management program.

Call 336-718-4057 to see if you qualify.

FREE STROKE AND TIA EDUCATION

Join this free, one-hour class to learn about stroke and TIA (transient ischemic attack) or mini-strokes.

• Classes are Monday through Thursday at 10:30 a.m. and Friday at 9:30 a.m.

Call 336-718-7229 to register.

HANESBRANDS HEALTH LEARNING CENTER

The Hanesbrands Health Learning Center is located in the lobby of the North Tower of Forsyth Medical Center. It is open Monday-Friday, 8 a.m. – 5 p.m. or by e-mail anytime. The Center offers many free health resources, including:

- Consumer-oriented and clinical books.
- Computers for fast, in-depth research on recommended health Web sites.
- Full-time professional librarian.

Call 336-277-3934 or e-mail healthlearningcenter@novanthealth.org for more information.

LITE (LOSING INCHES THROUGH EDUCATION)

Learn how to improve your overall health, reduce your body weight and create a healthy new lifestyle working with dietitians and exercise physiologists.

• Fee: \$75.

Call 336-718-7000 for more information.



LIVSMART THERAPEUTIC LIFESTYLE CHANGE PROGRAM

This nine-week program specializes in the prevention, early detection and management of cardiovascular disease. Seminars, screenings and fitness planning help increase energy and lower risk for disease.

• Fees vary.

Call toll-free 1-888-844-0080 for more information and to register.