

spring 2007

# Livingwell

*Highlands*  
Medical Center

## Highlands Maternity Center...

Home of Life's  
Most Anticipated Arrivals

» page 4

How Much Do You Know about  
**SLEEP?**

Find out on page 7

**No More Excuses!**

Six reasons you should exercise.

page 3



Find the  
hidden  
flower,  
and you could

**WIN**

a gift card to a  
local restaurant.  
For complete rules,  
turn to page 2.

**More Physicians  
Enhanced Technology  
Expanded Services**

**Highlands Maternity Center**  
218.3340

**Highlands Surgery Center**  
218.3240

**Highlands Imaging Center**  
218.3850

**Highlands Rehabilitation Center**  
218.3760

**Highlands Sports Center**  
218.3672

**Highlands Sleep Disorders Center**  
218.3639

**Highlands Home Health**  
218.3608

**Highlands Occupational  
Medicine Center**  
218.3860

**Highlands Health & Rehab**  
218.3842

**Cumberland Health & Rehab**  
437.7260

Find us on the Web at  
[www.highlandsmc.com](http://www.highlandsmc.com).  
*Need a Physician? Call 218.3600.*



*Meet* Shoaib Khalil, MD

**DR. SHOAB KHALIL**, Internal Medicine physician, always envisioned himself using his talents and the wonders of modern medicine to make life better for others. This desire to care for family and friends motivated Dr. Khalil while pursuing a medical career. He completed his residency training at Texas Tech University Health Science Center in Amarillo, Texas.

“I came to Highlands Medical Center for the high-quality care the hospital provides, the friendly people of Scottsboro, and because the area is ideal for my wife and I to raise our son,” Dr. Khalil says.

Dr. Khalil is also a well-respected emergency room doctor at Highlands Medical Center. “Since I began working at the hospital, saving lives in the emergency department has been especially gratifying.”

When he is not seeing patients, Dr. Khalil enjoys catch-and-release bass fishing on Lake Guntersville.



Dr. Khalil sees patients at Scottsboro Medical Clinic, 506 Harley Street, and at Pisgah Medical Clinic, 6110 County Road 88.

*To schedule an appointment with Dr. Khalil, call 574.6157 or 451.1250.*

Find the *Flower* and **WIN!**



LOOK FOR THE **hidden flower** in this issue of *Living Well* for a chance to win a \$25 gift card to a local restaurant.

E-mail information to [info@highlandsmc.com](mailto:info@highlandsmc.com) or send a postcard or note with your name, address, phone number, and e-mail address indicating the page number and location of the flower to:

**Highlands Medical Center**

**Attn: Marketing and Business Development**

**P.O. Box 1050**

**Scottsboro, AL 35768**

All entries are due by June 1. Must be 18 years or older to enter. Highlands Medical Center employees and their immediate families are not eligible for the drawing. Winner will be drawn at random.

**Congratulations to last issue's winner: Mrs. Lola Dodson of Paintrock, Ala.**

*Did you find the snowflake? It was hidden on the woman's shirt on page 6.*



**On the Cover:**

Highlands Maternity Center patient and staff member Trish Womack, pictured with daughters Shelby, 4, and Savannah, 6 weeks.

Trish had so much confidence in her coworkers, she didn't hesitate in choosing Highlands for the delivery of her children. “Having my children at Highlands Maternity Center was a wonderful experience,” Trish says. “I loved the personalized care I received from my doctors and nurses.”

Photo compliments of Winkle Photography

This publication in no way seeks to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

# Exercise — Just Do It

When it comes to **LIVING LONGER**,  
**regular exercise equals HEALTH.**

**HAPPY HEART** – An estimated 82 percent of cardiovascular disease deaths can be prevented through a balanced diet, regular exercise, and not smoking.

**EXTRA ENERGY** – Exercise releases endorphins – feel-good chemicals in the body that can boost a bad mood.

**A GOOD NIGHT'S SLEEP** – Burning off calories through regular exercise helps you sleep more soundly at night.

**LONGER LIFE** – Diabetes, high blood pressure, stroke, respiratory disease, arthritis, and cancer are all linked to obesity. Type 2 diabetes – a disease that causes 3 million deaths worldwide each year – is virtually preventable by weight control.

**TIME ON YOUR SIDE** – Just 30 minutes of exercise three to five times per week keeps blood vessels in shape and your heart pumping efficiently.

**HURT LESS** – According to an October 2006 study in the *European Journal of Applied Psychology*, moderate aerobic exercise decreases water retention and feelings of pain.

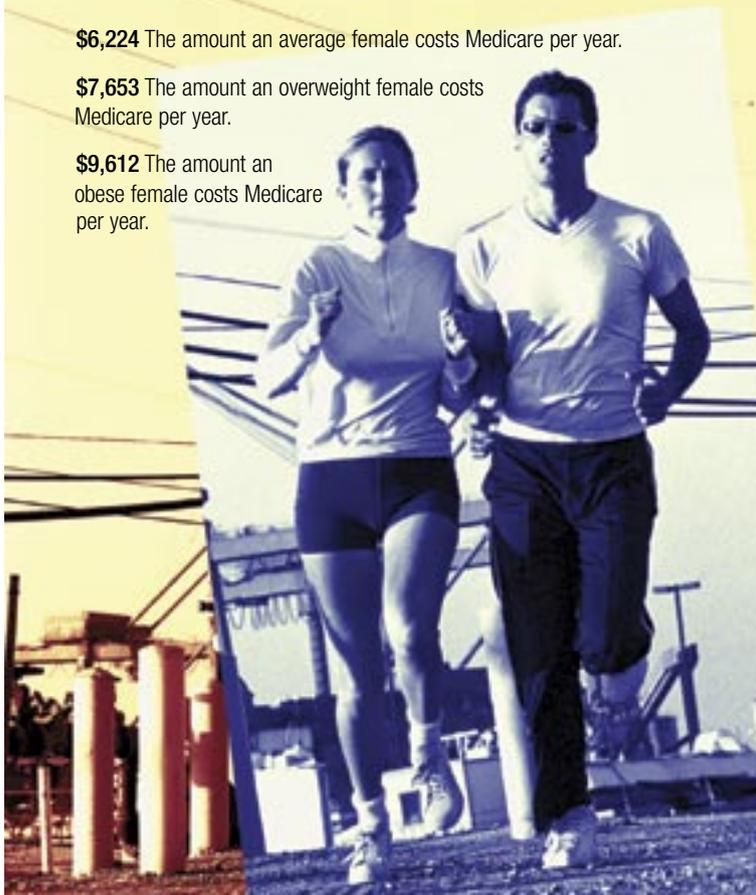
📍 *Highlands Medical Center offers individuals looking to improve their overall health a comfortable and friendly place to exercise through the Total Health Program. For more information or to sign up, call 218.3765.*

*American* citizens pay \$180 per year in out-of-pocket tax costs to cover Medicare and Medicaid obesity-related medical costs, according to the Centers for Disease Control. Here's how this cost breaks down for the average woman:

**\$6,224** The amount an average female costs Medicare per year.

**\$7,653** The amount an overweight female costs Medicare per year.

**\$9,612** The amount an obese female costs Medicare per year.



## Building a Healthy WORK PLACE

As an **EMPLOYER**, you aim to hire and retain **employees** who are **HEALTHY** and **PRODUCTIVE.**

Here are three tips to ensuring your employees *maintain*  
**THEIR BEST HEALTH.**

### 1 USE SCREENING PHYSICALS BEFORE HIRING

Want to prevent absence due to illness and lower costs associated with Worker's Compensation? Pre-employment physicals customized to a specific job help you determine if a candidate is qualified for a position and may indicate future health concerns. In addition, a pre-employment physical creates a legal record of an employee's medical condition at the date of hire, which is useful for insurance claims.

### 2 EDUCATE EMPLOYEES TO PREVENT ILLNESS AND INJURY

According to a survey by research group CCH Incorporated, unscheduled absenteeism costs employers \$660 per employee per year – a figure that can add up over time. By educating employees on important safety measures and even tips for staying healthy and fit, you can save money by experiencing fewer missed days.

### 3 REQUIRE WORK PLACE DRUG AND ALCOHOL SCREENINGS

Working while impaired by drugs or alcohol not only slows productivity, it is a serious danger to an employer and employees. Up to 40 percent of industrial injuries can be linked to alcohol consumption or alcoholism, and on-the-job substance abuse costs American employers \$1 billion a year, according to the U.S. Department of Labor.

Using drug or alcohol screenings in the work place also acts as a preventive measure against higher turnover rates, increased training costs, and increased incidences of staff conflicts and workplace violence.

📍 *These services and many more are offered through Highlands Occupational Medicine Center. For a complete list of services available, call 218.3860.*

## Twins? No Problem!

When Jeff and Shawn Hill found out they were expecting twins, they were elated. Shawn, a twin herself, had, after all, helped her twin sister take care of her twin sons. Twins, twins, twins!

When it came to choosing a physician, Shawn didn't hesitate to select the team at Scottsboro OB/GYN.

"The physicians at Scottsboro OB/GYN deliver babies just the same as those in larger cities, only at a much more convenient location," says Shawn.

Since Shawn had relied on the Scottsboro OB/GYN group with her care for years, she knew she could rely on the physicians' expertise.

"Making sure our babies were healthy was our number one priority," she says. "Never did we dream we would be treated so wonderfully throughout the pregnancy and delivery."

The experienced physicians at Scottsboro OB/GYN are Paul Megehee, MD; Jerry Pierce, MD; and Ivonne Vargas, MD.

When asked why expectant mothers should choose Highlands Maternity Center, Dr. Vargas shared her thoughts.

"If you want one-on-one care from someone who knows your name and is concerned about you, this is the place to come," Dr. Vargas says. "When you choose us, you are not a number – you're a person, and we help every patient have the best birth experience possible."

Call Scottsboro OB/GYN at 259.5211.



Proud parents Jeff and Shawn Hill chose Highlands Maternity Center to deliver their twins, Wilson and Evan.

# The CHO

When it's *time* for **YOUR BABY'S ARRIVAL**,  
**HIGHLANDS MATERNITY CENTER**  
has everything you need for a **memorable and family-friendly** birthing experience.



New mom Jordan Arnold holds baby Tavi, delivered by Paul Megehee, MD, and nurse Jennifer Grider at Highlands Maternity Center.

**YOU'VE PAINTED THE ROOM**, picked a name, and have enough clothes to keep your soon-to-be-born baby dressed until age 10. And all that's left is the confidence you'll need in the place you've chosen for your baby's special day.

"Women who turn to us for the birth of their children are thrilled with their experiences," says Angie Sherrod, director of Highlands Maternity Center. "Our goal is to assist women in having the best birthing experience possible."

### It's All in the Atmosphere

All the rooms at Highlands Maternity Center are private. Each room is equipped with state-of-the-art monitoring equipment for mom and baby, so the entire birthing experience from labor and delivery to recovery can take place in one room.

In addition to a homelike atmosphere, Highlands Maternity Center offers an amenity only available at a small handful of hospitals across the country – one-on-one nursing care. Whereas nurses at larger facilities must split time between three or four women in labor, every nurse at Highlands Maternity Center has the luxury of caring for only one woman throughout the birthing experience. This allows expecting mothers to have constant interaction with the same nurse, providing an additional sense of comfort and familiarity.

"I really enjoyed the extra attention I received at Highlands," says Alicia Bell, who had both of her children at Highlands Maternity Center. "The nurses genuinely care about their patients."

# ICE Is Clear

Making moms comfortable is a priority. It is also important for dads, family, and friends to feel at home as well. Highlands Maternity Center provides a sleeping couch so family and friends can remain close to the new baby. Visitors are free to spend time with the new mom and baby, and up to four people can be in the room during delivery. If an emergency Cesarean section delivery is required, an obstetrics-only operating room is available right down the hall, ensuring the wellness of newborns and new mothers.

Once baby has arrived, a lactation consultant visits each new mother to instruct on successful breastfeeding for interested mothers.

## Before Baby

Along with a changing body, pregnancy brings a host of questions and concerns. Fortunately for women in the Jackson County area, Highlands Maternity Center provides answers to these questions through a six-class pre-childbirth program.

Classes cover everything moms and dads need to know, including:

- information on natural childbirth options
- epidurals
- anatomy changes
- being comfortable and uncomfortable during pregnancy
- stages of labor and delivery
- breastfeeding techniques
- newborn care

Classes meet most Monday nights at 7 p.m. at the Highlands Education Center.

“By learning what is going to happen during childbirth and meeting hospital staff, many women’s fears are relieved, and they can go into the labor process with confidence,” says Margaret Pierce, RN, certified lactation consultant and childbirth class instructor at Highlands Maternity Center. “Through attending classes, couples get to know me before their babies are born. I meet with all new moms after they’ve given birth to discuss breastfeeding. The birthing classes let us start a relationship that lasts throughout pregnancy and beyond.”

When you consider your options for the delivery of your child, make Highlands your first choice.

*To learn more about Highlands Maternity Center or upcoming childbirth classes, call 218.3340.*

Highlands Maternity Center nurse Andrea Sims cares for a newborn. Andrea and all Highlands Maternity Center nurses are certified in neonatal resuscitation and fetal monitoring. They also have clinical privileges for accessing labor.



Baby Logan enjoys a lift from mom Betsy Loyd. Sharing in their joy is Margaret Pierce, RN, certified lactation consultant and childbirth class instructor at Highlands Maternity Center.

## Exceeding Expectations

For Highlands Maternity Center patient Betsy Loyd, the personal attention and follow-up care she received after her baby, Logan, was born not only helped her care for him – it may have saved her life.

“It was Logan’s first Thanksgiving, and I wasn’t feeling well, but I wanted to enjoy the time with my family,” says Betsy. “When my Highlands nurse and lactation consultant Margaret Pierce called to check on me, she immediately knew I was sick.”

As a result of Betsy and Margaret’s phone call, Margaret contacted Mark Cooper, MD, Betsy’s family practice physician who had delivered Logan.

“Even though it was the holiday and many people were with their families, Dr. Cooper called and offered to drive me to the emergency room,” says Betsy. “Because he and Margaret insisted I go to the hospital, I went. I’m so glad I did.”

Upon arriving at the hospital, Betsy was admitted to the Special Care Unit, where she was diagnosed with double pneumonia. Thanks to Margaret’s call, she was treated for this life-threatening condition and was able to return to her family.

Betsy Loyd is thankful for both Margaret and Dr. Cooper’s care that exceeded far beyond the delivery room.

“The level of service, care, and personal attention Highlands Maternity Center and special care unit staff offered me not only helped me care for Logan, it probably saved my life,” says Betsy. “I am so grateful for their time and experience.”

*“Delivering babies is a wonderful experience and the new moms are very appreciative of what we do. I’m proud to be a part of their special day and serve the Jackson County community.”*

– Jerry Pierce, MD, Scottsboro OB/GYN

# More Than Just LONG-TERM CARE

Being treated with **dignity and respect** is important to everyone. **YOUR LOVED ONES CAN BENEFIT** from this type of atmosphere at **HIGHLANDS HEALTH & REHAB AND CUMBERLAND HEALTH & REHAB.**



**WHETHER YOUR** loved one needs a permanent location to receive daily special medical care or just a temporary “home away from home” for therapy while recovering from a procedure, these facilities might be the answer. Here, nurses and therapists provide outstanding medical care while meeting the basic needs of the residents.

“Our residents are like our families, so we go out of our way to make sure that their medical, social, and emotional needs are being met on a daily basis,” says Robin Bradford, RN, administrator of Highlands Health & Rehab. “We have a great staff that loves and cares about our residents and wants them to be happy.”

## Two Facilities, One Philosophy

Highlands Health & Rehab, a 50-bed short-term therapy and long-term care facility, is located adjacent to Highlands Medical Center in Scottsboro. Cumberland Health & Rehab, a 100-bed short term therapy and long-term care facility, is nestled in the foothills in Bridgeport. Both facilities share the same philosophy of providing excellent care.

“Our goal is to help residents meet their full potential, so they can return home,” says Theia Chaffin, speech pathologist and rehab program coordinator for both facilities.

## When You Need Nursing Care

Skilled nursing care involves the service of trained professionals who are needed on a temporary basis following an injury, surgery, or illness that results in a hospital stay.

Your insurance may help pay for these services. Billing is determined on a case-by-case basis, depending on your needs and insurance policy.

## More Than Temporary

Sometimes going home is not an option. Residents may reach a point where they can no longer live alone. When assistance bathing,

dressings, grooming, and taking medications become more than just a challenge, both facilities offer long-term care. With 24-hour supervision, these activities of daily living are achieved with the help of trained professionals.

## Above and Beyond

Both facilities provide the same access to medical care, as well as the same activity programs that have been awarded with Alabama’s Best Practice Award from the Alabama Department of Public Health and the Alabama Nursing Home Association.

“No matter which facility families choose, they will know they are getting excellent care for their loved ones,” says Kaye Covington, RN, administrator of Cumberland Health & Rehab.

*For more information, please call 437.7260 for Cumberland Health & Rehab or 218.3842 for Highlands Health & Rehab.*

## Highlands Health & Rehab Employee Profile

### Meet Sharon Nippers, Social Services

Sharon began employment with Highlands Medical Center as a courier, then worked in the business office, admissions, and billing for the ambulance service, and you can now find her at social services at Highlands Health & Rehab.

#### *Why did you pursue a career at Highlands Health & Rehab?*

I love working at Highlands, and the opportunity to work as social services designee presented a new challenge. I enjoy working with the elderly, so the job was a good fit.

#### *What are your job duties?*

Primarily, I ensure the residents’ psychosocial needs are met. Additionally, I am in charge of employee time-keeping.

#### *What hobbies do you enjoy?*

When I’m not at work, you will find me spending time with my children, Ashley, 19, and Josh, 14. Ashley is currently attending college in Nashville, and Josh is at home with me.

I also like to attend football and hockey games.



*“Sharon is great with residents and family members and is always willing to assist or explain when families have questions. She is truly an asset, and we are fortunate to have such a great employee.”*

—Robin Bradford, RN, administrator of Highlands Health & Rehab

# Say GOOD NIGHT to Tossing and Turning

Want better days? Then, **GET BETTER NIGHTS** at **HIGHLANDS SLEEP DISORDERS CENTER.**

**MANY SLEEP DISORDERS** exist, such as obstructive sleep apnea, insomnia, restless legs syndrome, and narcolepsy. All can be easily treated – so don't settle for tossing and turning if you find it hard to sleep.

“Don't ignore signs of a sleep disorder,” says Charlie Vaughn, registered polysomnographic technologist and technical director of Highlands Sleep Disorders Center. “We can help. We offer comprehensive testing and advanced treatment options to help patients find rest.”

Those who show symptoms of a sleep disorder are often referred to Highlands Sleep Disorders Center for a polysomnogram (sleep study), which measures body functions, such as oxygen levels, snoring, eye and leg movement, and heart rate during sleep. If a disorder is diagnosed, patients may benefit from continuous positive airway pressure (CPAP) treatment or surgery to widen their airways.

*For more information about sleep disorders or sleep evaluations, call Highlands Sleep Disorders Center at 218.3639.*

## Having Trouble CATCHING YOUR ZZZs?

This simple test is designed to alert you to any problems resulting from poor quality sleep. If you have experienced any of the following symptoms in the last year, check the box beside the number.

- 1. I have difficulty falling asleep.
- 2. Thoughts race through my mind and keep me from sleeping.
- 3. I lie awake for half an hour or more before I fall asleep.
- 4. I wake up during the night and can't go back to sleep.
- 5. I worry about things and have trouble relaxing.
- 6. I feel sad and depressed.
- 7. I suddenly wake up gasping for breath during the night.
- 8. I am overweight.
- 9. I've been told that I snore.
- 10. I've been told that I stop breathing when I sleep, although I don't remember this when I wake up.
- 11. I have high blood pressure.
- 12. I feel sleepy during the day, even though I slept through the night.
- 13. I am gaining weight.
- 14. I sweat excessively during the night.
- 15. I have noticed my heart pounding or beating irregularly during the night.
- 16. I get headaches in the morning.
- 17. I feel unable to move when I am waking or falling asleep.
- 18. No matter how hard I try to stay awake, I fall asleep anyway.
- 19. I have fallen asleep when laughing or crying.
- 20. I fall asleep during the day.
- 21. I have trouble at work because of drowsiness.
- 22. I have vivid nightmares soon after falling asleep.
- 23. I have fallen asleep during physical effort.
- 24. I have fallen asleep while driving.
- 25. I feel like I go around in a daze.
- 26. I have experienced vivid dream-like scenes upon falling asleep or awakening.
- 27. I wake up with heartburn.
- 28. I have a chronic cough.



- 29. I regularly use antacids (Rolaids, Tums, Alka-Seltzer, etc.) for stomach trouble.
- 30. I wake up at night coughing or wheezing.
- 31. I have frequent sore throats.
- 32. Other than when exercising, I experience muscle tension in my legs.
- 33. I have noticed (or others have commented) that parts of my body jerk.
- 34. I have been told that I kick at night.
- 35. I experience aching or “crawling” sensations in my legs.
- 36. Sometimes I can't keep my legs still at night. I just have to move them.

### Score Yourself

**Questions 1 through 6** If you marked three or more boxes, you show symptoms of insomnia.

**Questions 7 through 16** If you marked three or more boxes, you show symptoms of sleep apnea.

**Questions 17 through 26** If you marked three or more boxes, you show signs of narcolepsy.

**Questions 27 through 31** If you marked two or more boxes, you show signs of gastroesophageal reflux.

**Questions 32 through 36** If you marked two or more boxes, you show symptoms of nocturnal myoclonus or restless legs syndrome.

*Share this quiz with your primary care physician, who may refer you for a sleep test at Highlands Sleep Disorders Center. For more information, please call 218.3639.*

# Take **Their** Word for It



*“The nurses made every effort to help my husband and I with the delivery process. Best of all, I had only a five-minute drive to the hospital, and my family and friends could easily come and see me.”*

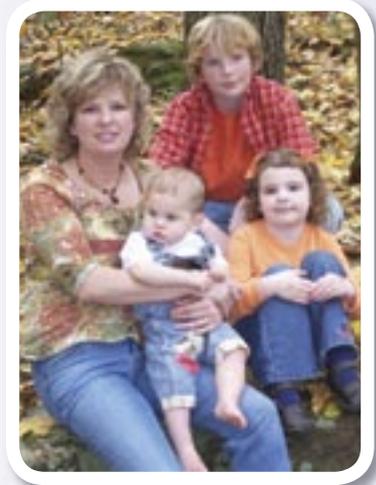
– Alicia Bell, mother of Courtney Grace and Carley Paige (pictured above)

When you're planning to have a baby, **count on Highlands Maternity Center** for life's most anticipated arrival.

But don't just take our word for it.

*“I delivered Katie Marie and Stephen Matthias at Highlands Maternity Center. The physicians and nurses were great. I'm proud to say the center is a big part of the most cherished memories in my life.”*

– Nancy Jones, mother of Stephen Matthias, Katie Marie, and Wyatt (pictured at right)

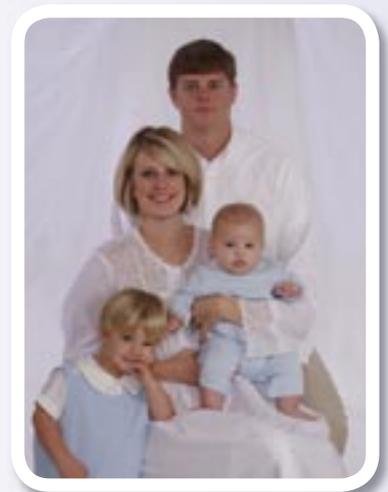


*“I enjoyed the one-on-one care I received from the nursing staff.”*

– Amanda Reed, mother of Wynn and Jackson (pictured at right)

Ready to add to your family by delivering your baby at Highlands Maternity Center?

**Call 218.3600 today.**



**Highlands**  
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