



Baptist Health

P.O. Box 244001
Montgomery, AL 36124-4001
Tel. 334-273-4500

MEDIA ADVISORY

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Contact: Melody Ragland, (334) 273-4389 or (334) 451-0814

FEBRUARY TIP SHEET FROM BAPTIST HEALTH

Heart Month

February is American Heart Month. In recent years heart disease and sleep apnea have been linked. Sleep apnea is extremely common. In fact, one in five adults has mild sleep apnea. The prevalence of cardiovascular disease is higher in patients with sleep apnea. This is just one example of heart disease being linked to another health condition. Cardiovascular disease is the No. 1 killer of women.

Cardiac Rehab

Cardiac Rehabilitation Week is Feb. 14-20. Baptist Health's Cardiac Rehab helps patients who are recovering from heart attacks, heart surgery, angioplasty and stenting return to an active lifestyle. The supervised program includes an individualized exercise prescription, as well as educational classes.

Advanced Heart Check

The Cardiovascular Care Center at Baptist Medical Center South offers individuals peace of mind with the Advanced Heart Check. It also allows individuals and their physician to fully know the state of their heart. The Advanced Heart Check begins with a 64-slice CT scan, which provides enhanced 3-D views of the inner workings of the heart. The exceptional image quality and capability to view inside the heart provides our expert cardiologists and radiologists with the best means to diagnose areas of concern. It is non-invasive and virtually pain free. After a CT scan a lipid profile and a complete cholesterol work-up is done to reveal problem areas of calcification or blockage. Following the test, individuals receive a compact disc to view the images of the heart on their home computer, and a medical summary is mailed to their primary care physician to review. This test has saved lives and we have survivors willing to share their story. The Advanced Heart Check is recommended for those with known risk factors for heart disease such as family history, obesity, stressed lifestyle, history of smoking or diabetes.

Organ Donation

Organ donation saves lives. Baptist Medical Center South is the proud recipient of the Medal of Honor for Organ Donation. The hospital received the award in 2008 and 2009. This award is given to hospitals that increase their organ donation rates at their facilities. Hospitals must achieve and sustain a donation rate of 75 percent or more of eligible donors. Organ donation is a personal decision that should be thought about and discussed with family and friends. Baptist Health is committed to educating our patients about this life-saving decision. The Medal of Honor award is given by the U.S. Department of Health and Human Services. Donor Day is Feb. 14.

Kids Korner

Baptist Medical Center East will host an open house for Kids Korner, eight designated pediatric beds available for neonatal to adolescent patients, from 1-3 p.m. Friday, Feb. 26.

Let's Pretend Hospital

This is the 27th year Baptist Health has hosted this event. This year we have more than 3,200 area first graders from the tri-county area signed up to attend. The goal of Let's Pretend Hospital is to alleviate fears children have about coming to the hospital by introducing them, in a fun and non-threatening manner, to some of the equipment, uniforms and personnel they might encounter as a patient or visitor. Children will tour from 8:30-11:30 a.m. and 11:30 a.m.-2:40 p.m. on Feb. 26 and March 1-5. This year, Let's Pretend Hospital will take place at the Institute for Patient Safety and Medical Simulation, 855 East South Blvd.

For more information about the story ideas listed above or for additional media inquiries, please call Melody Ragland, public relations manager, at (334) 273-4389 or (334) 451-0814.