

## Health Briefs for February 2012

February 1 - 3	<p><b>Parish Nursing: Spring 2012 Faith Community / Parish Nursing (FCN/PN) class begins February 15, 2012.</b> The Spring 2012 FCN/PN class begins February 15 and ends on April 12, 2012. A Commissioning Service (graduation) will be held on April 17, 2012. The 33-hour class includes three 8-hour sessions on Wednesdays (February 15, 22, and 29 from 8:30 AM to 4:30 PM) plus three 3-hour late afternoon sessions on Thursdays (March 15 &amp; 29 and April 12 from 4:30 PM to 7:30 PM). All 6 classes must be completed to fulfill course and contact hours requirements. Applicants must be Registered Nurses who wish to bring whole person health and wellness to their faith community. Applications and tuition deposit must be completed by February 3, 2012. Contact Connie Blake, MSN, RN, FCN Coordinator at 423-495-6163 or email <a href="mailto:connie_blake@memorial.org">connie_blake@memorial.org</a> for an application and tuition information. <b>Deadline for registering is February 3, 2012.</b></p>
February 1	<p><b>For Your Health, For Your Life Vascular Screening.</b> Ultrasound exam of carotid artery and abdominal aorta as well as a measurement of the circulation in the legs in an attempt to prevent arterial disease, stroke and aneurysm. Eligibility for screening: age 50+ with at least one of the following risk factors: a) family history of heart disease, vascular disease, or stroke; b) high cholesterol (or taking medication for high cholesterol); c) high blood pressure (or taking medication for high blood pressure); d) diabetes; and/or e) current or previous smoker. The screening will be held at the Memorial Ooltewah Imaging Center located at 6401 Mountain View Road, Ooltewah, TN 37363. Reservations are required. For more information about screening dates, screening cost or to schedule an appointment, call (423) 495-CARE, Monday - Friday – 9:00 A.M. to 4:00 P.M.</p>
February 1	<p><b>Weight Loss: Bariatric Seminars.</b> Attend this FREE informative seminar to learn more about the Gastric Bypass Roux-en-Y and gastric banding weight loss procedures. This seminar is geared specifically towards individuals who are at least 100 pounds overweight. 6 pm – 7:30 pm, <b>Memorial Hospital Community Rooms.</b> Call 495-2245 for reservations.</p>
February 1	<p><b>Diabetes: Basic Diabetes.</b> This is a two-session program. Provides an overview of diabetes and treatment/prevention of complications. The second session meets on February 8. Memorial's Diabetes and Nutrition Center can help you obtain a physician's referral and provide cost information. <b>Diabetes and Nutrition Center at Memorial Hospital.</b> 12:45 pm. Registration required at 495-7970.</p>
February 2	<p><b>Cardiac: Congestive Heart Failure Education.</b> Free education for patients with congestive heart failure. <b>Chattanooga Heart Institute, 2<sup>nd</sup> floor.</b> Call 495-7764 for more information.</p>
February 6 - 10	<p><b>Community Health: Abdominal Aortic Aneurysm Screening.</b> Free screening to detect bulge in artery wall. For men and women 65 or older, no previous diagnosis of abdominal aortic aneurysm, and no abdominal CT in the past five years. <b>Memorial Hospital Glenwood, Memorial Hospital Hixson and Memorial Ooltewah.</b> Registration and appointment required at 495-6000.</p>
February 7	<p><b>Cancer: Massage Therapy for Cancer Patients.</b> To reduce stress and promote healing, FREE massage therapy is available <u>every Tuesday</u> for cancer patients currently undergoing treatment. <b>Center for Cancer Support at Memorial Hospital Hixson.</b> Call 495-7778 for an appointment.</p>
February 8	<p><b>Cancer: Massage Therapy for Cancer Patients.</b> To reduce stress and promote healing, FREE massage therapy is available <u>every Wednesday</u> for cancer patients currently undergoing treatment. <b>Center for Cancer Support at Memorial Hospital.</b> Call 495-7778 for an appointment.</p>

February 8	<b>Diabetes: Basic Diabetes.</b> This is a two-session program. Provides an overview of diabetes and treatment/prevention of complications. The second session meets on February 15. Memorial's Diabetes and Nutrition Center can help you obtain a physician's referral and provide cost information. <b>Diabetes and Nutrition Center at Memorial Hospital.</b> 8:45 am. Registration required at 495-7970.
February 9	<b>Diabetes: Diabetes Self-Management Program.</b> This is a two-session program for diabetes control. The second session is February 16. Memorial's Diabetes and Nutrition Center can help you obtain a physician's referral and provide cost information. 4 pm to 8 pm, <b>Chattanooga Heart Institute, 2<sup>nd</sup> floor.</b> To register call 495-7970.
February 9	<b>Cardiac: Congestive Heart Failure Education.</b> Free education for patients with congestive heart failure. <b>Chattanooga Heart Institute, 2<sup>nd</sup> floor.</b> Call 495-7764 for more information.
February 9	<b>Cancer: Massage Therapy for Cancer Patients.</b> To reduce stress and promote healing, FREE massage therapy is available <u>every Thursday</u> for cancer patients currently undergoing treatment. <b>Center for Cancer Support at Memorial Hospital</b> Call 495-7778 for an appointment.
February 10	<b>Diabetes: Diabetes Basics and Diet Class.</b> This program provides an overview of diabetes and treatment/prevention of complications, diabetes meal planning and carbohydrate counting. Memorial's Diabetes and Nutrition Center can help you obtain a physician's referral and provide cost information. <b>Diabetes and Nutrition Center at Memorial Hospital.</b> 8:45 am – 2:30 pm. Registration required at 495-7970.
February 13	<b>Diabetes: Diabetes Basics and Diet Class.</b> This program provides an overview of diabetes and treatment/prevention of complications, diabetes meal planning and carbohydrate counting. Memorial's Diabetes and Nutrition Center can help you obtain a physician's referral and provide cost information. <b>Memorial Hospital Hixson.</b> 8:45 am – 3:00 pm. Registration required at 495-7970.
February 14	<b>Cancer: Massage Therapy for Cancer Patients.</b> To reduce stress and promote healing, FREE massage therapy is available <u>every Tuesday</u> for cancer patients currently undergoing treatment. <b>Center for Cancer Support at Memorial Hospital Hixson.</b> Call 495-7778 for an appointment.
February 15	<b>Cancer: Massage Therapy for Cancer Patients.</b> To reduce stress and promote healing, FREE massage therapy is available <u>every Wednesday</u> for cancer patients currently undergoing treatment. <b>Center for Cancer Support at Memorial Hospital.</b> Call 495-7778 for an appointment.
February 15	<b>Diabetes: Basic Diabetes.</b> This is a two-session program. Provides an overview of diabetes and treatment/prevention of complications. The second session meets on February 22. Memorial's Diabetes and Nutrition Center can help you obtain a physician's referral and provide cost information. <b>Diabetes and Nutrition Center at Memorial Hospital.</b> 12:45 pm. Registration required at 495-7970.
February 16	<b>Cancer: Massage Therapy for Cancer Patients.</b> To reduce stress and promote healing, FREE massage therapy is available <u>every Thursday</u> for cancer patients currently undergoing treatment. <b>Center for Cancer Support at Memorial Hospital</b> Call 495-7778 for an appointment.
February 16	<b>Cardiac: Congestive Heart Failure Education.</b> Free education for patients with congestive heart failure. <b>Chattanooga Heart Institute, 2<sup>nd</sup> floor.</b> Call 495-7764 for more information.
February 20 - 24	<b>Community Health: Abdominal Aortic Aneurysm Screening.</b> Free screening to detect bulge in artery wall. For men and women 65 or older, no previous diagnosis of abdominal aortic aneurysm, and no abdominal CT in the past five years. <b>Memorial Hospital, Memorial Hospital Hixson and Memorial Ooltewah.</b> Registration and appointment required at 495-6000.

February 21	<b>Cancer: Massage Therapy for Cancer Patients.</b> To reduce stress and promote healing, FREE massage therapy is available <u>every Tuesday</u> for cancer patients currently undergoing treatment. <b>Center for Cancer Support at Memorial Hospital Hixson.</b> Call 495-7778 for an appointment.
February 22	<b>Cancer: Massage Therapy for Cancer Patients.</b> To reduce stress and promote healing, FREE massage therapy is available <u>every Wednesday</u> for cancer patients currently undergoing treatment. <b>Center for Cancer Support at Memorial Hospital.</b> Call 495-7778 for an appointment.
February 23	<b>Cancer: Massage Therapy for Cancer Patients.</b> To reduce stress and promote healing, FREE massage therapy is available <u>every Thursday</u> for cancer patients currently undergoing treatment. <b>Center for Cancer Support at Memorial Hospital</b> Call 495-7778 for an appointment.
February 23	<b>Cardiac: Congestive Heart Failure Education.</b> Free education for patients with congestive heart failure. <b>Chattanooga Heart Institute, 2<sup>nd</sup> floor.</b> Call 495-7764 for more information.
February 24	<b>Diabetes: Diabetes Basics and Diet Class.</b> This program provides an overview of diabetes and treatment/prevention of complications, diabetes meal planning and carbohydrate counting. Memorial's Diabetes and Nutrition Center can help you obtain a physician's referral and provide cost information. <b>Diabetes and Nutrition Center at Memorial Hospital.</b> 8:45 am – 2:30 pm. Registration required at 495-7970.
February 27	<b>Diabetes: Diabetes Basics and Diet Class.</b> This program provides an overview of diabetes and treatment/prevention of complications, diabetes meal planning and carbohydrate counting. Memorial's Diabetes and Nutrition Center can help you obtain a physician's referral and provide cost information. <b>Memorial Hospital Hixson.</b> 8:45 am – 3:00 pm. Registration required at 495-7970.
February 28	<b>Cancer: Massage Therapy for Cancer Patients.</b> To reduce stress and promote healing, FREE massage therapy is available <u>every Tuesday</u> for cancer patients currently undergoing treatment. <b>Center for Cancer Support at Memorial Hospital Hixson.</b> Call 495-7778 for an appointment.
February 29	<b>Cancer: Massage Therapy for Cancer Patients.</b> To reduce stress and promote healing, FREE massage therapy is available <u>every Wednesday</u> for cancer patients currently undergoing treatment. <b>Center for Cancer Support at Memorial Hospital.</b> Call 495-7778 for an appointment.