



The Heartbeat

Published monthly for the staff and patients of
General Leonard Wood Army Community Hospital

February 2008

No shows hindering access success

By Carl Norman
GLWACH Marketing

Authorizing TRICARE Prime beneficiaries a one-time appointment for off-post treatment is helping medical access at General Leonard Wood Army Community Hospital, but rising no show rates are hindering the success.

"We've had as many as 50 percent of people who make appointments with off-post providers not show for those appointments," said Col. Theresa Sullivan, GLWACH commander.

She said this causes problems on a couple of levels; the greatest is preventing someone else from getting the care they need.

Hundreds of TRICARE Prime beneficiaries seek acute care at GLWACH every day, making the appointment-setting process a daunting task. To help meet the demand, GLWACH partners with TriWest Healthcare Alliance representatives and beneficiaries themselves to get the job done. TriWest is the organization that schedules appointments and carries out the TRICARE contract on Fort Leonard Wood.

The process works like this, according to Diane Hell, TRICARE service representative supervisor.

The first thing beneficiaries should do



Non-active-duty patients are granted a one-time authorization to get treatment from an off-post provider when no appointments are available at GLWACH. (Photo by Carl Norman)

is make sure their condition requires acute care. Acute care is a medical problem, such as an upper respiratory infection, that is new and has been present for less than 48 hours, or an existing problem that has worsened within that same timeframe.

When beneficiaries call for an acute care appointment, TriWest clerks first

try to schedule them with their primary care manager, she said. If that provider is booked or unavailable, the clerk then reverts to a provider on the same team – red, white or blue — to provide the best continuity of care possible.

She said GLWACH makes it top prior-

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FDA issues cough product warning

Food and Drug Administration Report

Food and Drug Administration officials are recommending that over-the-counter cold and cough medicines not be used to treat infants and children 2 years old and younger.

The recommendation comes after FDA officials reviewed information concern-

ing over-the-counter cough and cold medicine safety in small children. They discovered serious and potentially life-threatening side effects can occur based on information received and discussions and recommendations made in an October public advisory committee meeting.

The FDA strongly supports actions many pharmaceutical manufacturers have

taken to voluntarily withdraw cough and cold medicines being sold for use in this age group.

"While the FDA has not completed its review of information about the safety of over-the-counter cough and cold medicines in children 2 through 11 years, we are aware of reports of serious

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Several General Leonard Wood Army Community Hospital staff members were recognized as Everyday Heroes for January 2008.

These staff members' dedication to Fort Leonard Wood's Soldiers, Sailors, Airmen, Marines, Coast Guardsmen, retired service members and their Family members is outstanding and highly reflects GLWACH's motto of "Serving with Compassion and Courage."

Here's what our patients had to say about them...

To: Lori Valverde
Intensive Care Unit

A grateful patient wrote a letter expressing his sincere appreciation for the care he received from Ms. Valverde. The letter reads, "This is one individual who truly cares about patients. Lori is very professional, polite and caring. She truly went above and beyond to make sure my needs and care was the best that could be provided."

To: Maj. (Dr.) Paul Krantz
Emergency Department

A grateful patient wrote a letter expressing her sincere appreciation for the care her friend received from Maj. (Dr.) Krantz. The letter reads, "The ER staff was very helpful and caring, most especially Dr. Paul Krantz. He conducted a thorough examination of my friend with the dignity and respect that he deserves. I believe that my friend received the best possible care available from the very best of General Leonard Wood Army Community Hospital staff and services."



Kudos

To: Stephanie Gilbert
PX Branch Pharmacy

A grateful patient wrote a letter expressing his sincere appreciation for the service he received from Ms. Gilbert. The letter reads, "Stephanie Gilbert took charge of a problem I recently had with one of my prescriptions. Within minutes she had the problem solved and I was on my way with my medication. She has waited on me several times in the past and has always done an outstanding job; she is friendly, cheerful and always efficient. I think that we are very fortunate to have a person of Ms. Gilbert's quality working in the hospital."

To: Nathasia Dorsey
Red Eagle Clinic

A grateful patient wrote a letter expressing her sincere appreciation for the care she received from Mrs. Dorsey. The letter reads, "I recently had an appointment in the Red Eagle Clinic. I had never had Mrs. Dorsey as my nurse before but was instantly pleased with her. She took my blood pressure and temperature and asked

the normal questions but took a personal interest in me when I gave her my answers. I told her of some personal problems I was having and she spoke with me for a while about them. She was wonderful; I feel that God sent me to her this morning because she is special. I hope that she will continue her good work above and beyond the normal call."

To Dr. Lori Smith and the ER Team
Emergency Room

A grateful patient wrote a letter expressing his sincere appreciation for the care he received from Dr. Smith and the ER Team. The letter reads, "I was recently seen in the ER and received some of the best care that I've ever seen. This crew made sure my pain and any other needs were being taken care of and they treated me with respect. I was in the ER during the lunch period and was asked if I would like something to eat instead of me asking for something. This is the first time that this has ever happened. The team displayed overall concern for its patients."

From the Commander

"Each one of these individuals is a shining example of what makes General Leonard Wood Army Community Hospital a wonderful facility in which to work and receive care; as well as someone to emulate," said Col. Theresa Sullivan, GLWACH commander. "On behalf of the members of the Community Health Care Board and the leadership and staff of this hospital, I say 'thank you!'"

The Heartbeat

The Heartbeat is an authorized publication for members of the Department of Defense, and staff and patients of General Leonard Wood Army Community Hospital.

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Week focuses on patient safety

By Carl Norman
GLWACH Marketing

General Leonard Wood Army Community Hospital joins healthcare organizations around the globe and the National Patient Safety Foundation in celebrating Patient Safety Awareness Week, March 2-8.

This year's theme is "A Road Taken Together," emphasizing a collective effort for safer health care through partnerships with providers, patients, families and communities. Founded in 2002, Patient Safety Awareness Week focuses on raising public awareness about work being done to improve patient safety and the importance of effective partnering.

"Many people think the only time they need to worry about patient safety is when they or one of their loved ones is admitted to the hospital, and that's not the case at all," said Maureen Logan, General Leonard Wood Army Community Hospital patient safety manager. "Patient safety focuses on total safety for all patients – in and out of the hospital."

One key issue patient safety focuses on is communication between patients and providers. Officials recommend this be done via three basic questions people should ask their providers: 1) What is my main problem? 2) What do I need to do about it and why is it important for me to do this? and 3) What are the risks?

In addition to partnering with their provider, Logan said there is a multitude of patient



safety issues people should focus on for a healthy life. One of those is handwashing.

"Handwashing is one of the most important things people can do to prevent complications and infections," Logan said. "By washing your hands with soap and water or using alcohol cleansers, you can keep yourself healthier and reduce the likelihood of getting colds, the flu and other bacterial and viral infections."

When washing your hands, Logan suggests getting them wet first, and then washing with soap and water for 15 - 20 seconds or singing the alphabet song or happy birthday. If in a public restroom, use paper towels to turn the faucet off and open the door. If using the alcohol sanitizer, follow the directions on the product.

"This simple and important task that we learned in kindergarten can keep us and the people around us healthier," Logan said.

When it comes to making

health care safer, Logan said there are five simple steps people can take to help the process. First, ask questions to fully understand and voice concerns about something.

"It's important that people ask questions and understand the answers," Logan said. "Pick a provider that you are comfortable talking too. If you need to, take a relative or friend that can help you ask and remember your questions."

Next, keep a list of all medications, including any over-the-counter medicines and herbs.

"Ask about the side effects of medicines that are prescribed for you," Logan said. "Think of medicines like the chemicals you used in science lab at school. When you mixed some of them, they reacted with each other. Doctor's need to know what you're taking so they can be sure they all work well together."

Logan said a medication list

is also helpful when visiting the emergency room.

"I don't know about you, but I always forget to tell them about some of them in a stressful situation like that, and I'm a nurse and should know better," Logan said. "We have cards that fit into wallets that people can write their medications on; ask any nurse or provider for help completing it."

The third step is making sure to get all test results before having procedure done, Logan said.

"Ask your provider how you will get the results and what they mean," she said.

Asking for options and discussing them with your provider is the fourth step people can take to ensure safe health care.

"When you make a decision about your care, you should have all the facts and all the options for care," she said.

Lastly, patients should make sure they understand what will happen if they need surgery. She emphasized that patients should know exactly what will be done, how long it will take, what happens afterwards and how they will feel while recovering.

"Safe health care is a true partnership and we need everyone's help in the process," Logan said. "We actively ask for your feedback regarding patient safety at GLWACH."

Send us a message at GLWACH.solutions@amedd.army.mil. Patients can also call the patient representative at (573) 596-0418 or the patient safety manager at (573) 596-1705.

New tattoo policy increases military donor potential

By Mark Salcedo
Fort Leonard Wood
Blood Donor Center

The Armed Services Blood Program is implementing a new policy allowing donors to give one week after getting a new tattoo rather than the previous one-year wait.

The new policy, which went into effect Jan. 31, al-

lows the one-week wait only for tattoos done in a state that li-

censes its tattoo parlors. With this rule change, the ASBP can now safely accept donations from more individuals wishing to contribute to the military's blood supply in combat areas and at home.

"Recent tattoos are one of the most common reasons people get disqualified for donating," said Capt. Jim Burke, Fort Leonard Wood Blood Donor Center officer in charge. "This will increase the size of our donor pool and help ensure that the Army's blood program has the products they need when they need them."

According to a new American Association of Blood Banks standard, Missouri is one of only 19 states that license their tattoo facilities. The AABB requires state licensure to ensure that states mandate their parlors to use sterile needles and

one-time use ink.

"This ensures that potential donors who get tattooed have no risk of being exposed to blood-borne diseases like HIV or hepatitis from the needle or ink," Burke said.

All blood donated in the United States is screened for HIV and hepatitis, along with several other infectious

diseases, Burke said. The one year deferral policy for tattoos

was designed to allow extra time for testing blood products to pick up possible infections.

ASBP officials said newer screening methods are more accurate and more sophisticated and can pick up diseases sooner than tests used years ago. Still, to ensure the highest possible safety standards, individuals getting tattooed in states not licensed according to AABB standards must still wait a year.

Though many states are not on the list yet, representatives from Fort Leonard Wood's Blood Donor Center hope their donations will increase as a result of the new standard.

For more information, call the Fort Leonard Wood Blood Donor Center at (573) 596-5385, or visit them on the Web at www.military-blood.dod.mil.



Ernie Khan, GLWACH lab technician, checks blood for expiration dates and bacterial contamination. (Photo by Carl Norman)

Lab earns AABB accreditation

General Leonard Wood Army Community Hospital's Laboratory Transfusion Services has earned accreditation from the American Association of Blood Banks.

AABB officials granted accreditation after specially trained experts determined that GLWACH's level of medical, technical and administrative performance met or exceeded the association's strict standards. GLWACH's Laboratory Transfusion Service now joins approximately 1,800 similar facilities across the United States and abroad that have earned AABB accreditation.

"Our transfusion service sought AABB accreditation because this program promotes excellence and a high level of professional and medical expertise that contributes to quality performance," said Capt. Daniel Wiggins, GLWACH laboratory manager.

The transfusion services section, which deals primarily with blood typing and

transfusions, plays a significant role in the facility's day-to-day mission, said Debbie VanRonzelen, GLWACH Transfusion Services technical supervisor.

"We do the blood typing for all basic trainees that come to Fort Leonard Wood," she said. "We also do patient testing to make sure all blood products are compatible with their patients."

VanRonzelen said the section also tests pregnant women's blood for antibodies that could harm their babies.

"We did extremely well during the AABB assessment, which was unannounced this year," VanRonzelen said. "The AABB assessor's closing remarks where that an organization could not have been better prepared."

AABB accreditation demonstrates an organization's commitment to advanced learning, continuous improvement and innovation by sustaining the highest possible level of patient and donor care.



It is possible to prevent birth defects

By Phyllis Jones

Community Health Resource Center
Health Promotions Director

Nearly 1 in 33 babies are born with a birth defect, but steps can be taken to prevent many of them and that's good news for women planning to become pregnant.

Before prevention can start, it's first helpful to understand the definition of a birth defect. According to the Centers for Disease Control, a birth defect is a problem that happens while the baby is developing in the mother's body. Most birth defects happen in the first three months of pregnancy.

A birth defect may affect how the body looks, works or both. It can be found before, during or after birth; however, most defects are found within the first year.

There are some birth defects that are easily seen such as cleft palate, cleft lip or clubfoot. Others, such as heart defects or hearing loss, are found by using

special tests. On occasion, the baby may need surgery or other medical treatments to correct the defect. With correction, many of these babies live normal and healthy lives.

After learning about birth defects, people need to know how to prevent them.

Women who smoke and drink alcohol while pregnant have a higher risk of having a baby with certain birth defects. It's recommended that women who can become pregnant quit using tobacco and alcohol well before the start of pregnancy.

Additional suggestions for preventing birth defects include a healthy diet and, most importantly, talking to your doctor before getting pregnant. Be sure to discuss any medications you're taking, including any over the counter or herbal drugs.

For more information, visit www.marchofdimes.com or call the Community Health Resource Center at (573) 596-0491.



Folic acid helps babies develop properly

By Phyllis Jones

Community Health
Resource Center
Health Promotion Director

Woman thinking about becoming pregnant must consider many things along the way and that includes making sure they take enough Folic acid.

Folic acid is a naturally occurring B vitamin that helps a baby's neural tube—what becomes the brain and spinal cord—develop properly. It must be taken before and during early pregnancy when the neural tube is developing.

If a woman has enough folic acid in her body before and during pregnancy, her

baby is less likely to have a neural tube defect — a defect in the brain or spine. Women need to take folic acid every day and start before they get pregnant.

So, how much folic acid should a woman take?

Every woman who could possibly get pregnant should take 400 micrograms (400 mcg or 0.4 mg) of folic acid daily in a vitamin or in foods that have been enriched with folic acid. Most multivitamins in the United States have the correct amount of folic acid.

Another alternative is to eat a bowl of enriched breakfast cereal that has 100 percent of the daily value of folic acid per serving every day. Some examples include: Total; Product 19; Cheerios Plus; Special K Plus; Life; and Smart Start.

The label on the box should read "100% next to folic acid. In addition to the above, women should continue eating a healthy diet that has lots of fresh fruit and vegetables and other healthy foods fortified with folic acid.

"Birth defects of a baby's brain or spine occur in the first few weeks of pregnancy, often before a woman knows she is pregnant."

Taking folic acid can reduce the risk for serious birth defects by 50-75 percent. Scientists don't know how this works, but they do know that folic acid is needed to make healthy new cells like the ones that make up a baby's brain and spine.

Birth defects of a baby's brain or spine occur in the first few weeks of pregnancy, often before a woman knows she is pregnant. That's why it's important for a woman to get enough folic acid each day, starting before she gets pregnant.

For more information, visit www.folicacidinfo.org or call the Community Health Resource Center at (573) 596-0491.

Heart disease doesn't discriminate

Community Health Resource Center Report

Heart disease is the leading cause of death in the United States and is a major cause of disability.

Traditionally, heart disease was thought to be just a "man's disease," but it's now the leading cause of death both for men and women.

The most common heart disease in the United States is coronary artery disease, which may appear as a heart attack. Medical experts estimate that 770,000 Americans will have a new coronary heart attack in 2008 and about 430,000 will have a recurrent heart attack.

They further estimate that an American will have a coronary event about every 26 seconds, and about one every minute will die from the

event. Risk factors include: smoking, physical inactivity, unhealthy eating, obesity, elevated cholesterol, hypertension, and family history.

So, what can be done to reduce risks?

Know the signs and symptoms of a heart attack. Some heart attacks are sudden and very intense, but many start slowly with mild pain or chest discomfort.

Many people aren't sure what's wrong or may wait too long before getting help. Here are some signs that a heart attack may be happening:

- ◆ Discomfort in the center of the chest lasting more than a few minutes or goes away and returns. May experience pressure, squeezing, fullness, or pain.

- ◆ Discomfort or pain in one or both arms, back, neck, or

stomach.

- ◆ Shortness of breath with or without chest discomfort.

- ◆ May experience cold sweat, nausea, or lightheadedness.

If you experience any of the above symptoms notify 911 immediately.

Choosing a healthy lifestyle and good nutrition are the best defenses against a heart attack. The American Heart Association recommends that people choose lean meats and poultry without skin and prepare food without added saturated and trans fat.

Use fat-free, 1 percent and low-fat dairy products. Cut back on partially hydrogenated vegetable oils to reduce trans fat in your diet.

Eat less than 300 mg of cholesterol each day. Cut back on beverages and

foods with added sugars. Read product labels and become an informed consumer and use very little salt.

If you drink alcohol, limit your drinks to one drink per day for women and two drinks per day for men. Be aware of portion sizes and plan accordingly. Increase your physical activity and park in the back parking lot instead of right at the front door.

People can live a healthier lifestyle and decrease their chances of becoming a heart attack statistic by making a few lifestyle changes.

Reduce risk factors by becoming healthier, and if you have symptoms get medical assistance.

For more information, call the Community Health Resource Center at (573) 596-0491.

COUGH, from Page 1

side effects in children 2 years of age and older," FDA officials said.

Officials said the FDA is committed to completing its comprehensive and thorough review of this age group as quickly as possible and expects to communicate its recommendations in the near future.

Pending its review, the FDA recommends the following to parents and caregivers using over-the-counter cough and cold medicines in children 2 years and older:

- Check the "active ingredients" section of the drug facts label. This helps people understand what "active ingredients" are in the medicine and what symptoms each one is intended to treat. Cough and cold medicines often have more than one "active ingredient" (such as an antihistamine, a decongestant, a cough suppressant, an expectorant, or

a pain reliever/fever reducer).

- Be very careful if giving more than one OTC cough and cold medicine to a child. Many OTC cough and cold medicines have more than one "active ingredient." If you use two medicines that have the same or similar "active ingredients," a child could get too much of an ingredient which could hurt them. For example, do not give a child more than one medicine that has an antihistamine.

- Carefully follow the directions in the drug facts part of the label. These directions tell people how much medicine to give and how often to give it.

- Only use the measuring spoons or cups that come with the medicine or those made specially for measuring drugs. Do not use common household spoons to measure medicines for children since household spoons come in different sizes and are not meant for

measuring medicines.

- Choose over-the-counter cough and cold medicines with childproof safety caps, when available, and store medicines out of children's reach.

- Understand that over-the-counter cough and cold medicines are intended to only treat children's symptom. They do not treat what causes the symptoms or shorten the length of time children are sick. They only relieve symptoms and make children feel more comfortable.

- Don't use these products to sedate children or make them sleepy.

- Call a physician, pharmacist, or other healthcare professional with questions about using cough or cold medicines in children 2 years old and older.

For more information, call (573) 596-0491.

Awards & Promotions

The following General Leonard Wood Army Community Hospital staff members were promoted or received the awards indicated in January:

Promotion to sergeant first class:

- ◆ Sgt. 1st Class Sharif Hall

Promotion to staff sergeant:

- ◆ Sgt. Joseph Lyons
- ◆ Sgt. Macias Leighla

Army Commendation Medal

- ◆ Staff Sgt. Sandrene Anthony

- ◆ Sgt. Sarah Diana
- ◆ Spc. Filemoni Fanuaea
- ◆ Spc. Ashley Morales
- ◆ Spc. Andrew Simonson

Army Achievement Medal

- ◆ Sgt. Lashana Lloyd
- ◆ Spc. Lindsay Brendis

Civilian Time in Service

- ◆ Loretta Richter, 5 years

Certificate of Achievement

- ◆ Pfc. Samuel Banner
- ◆ Pfc. Kenneth Royal

They said what?

- ◆ Last night I lay in bed looking up at the stars in the sky and I thought to myself, where the heck is the ceiling.
- ◆ Friendship is like peeing on yourself: everyone can see it, but only you get the warm feeling that it brings.
- ◆ I told my wife that a husband is like a fine wine; he gets better with age. The next day, she locked me in the cellar.

APPOINTMENT, from Page 1

ity to have active-duty beneficiaries seen the same day and all others as quickly as possible.

"If no appointments are available when an active-duty service member calls, the appointment clerk will transfer them to a clinic registered nurse who will determine the best action to get them seen as quickly as possible," Hell said. "This can include working them into a clinic schedule or booking them for the next day."

Non-active duty beneficiaries calling for an acute care appointment follow, to a point, the same process as active-duty service members, Hell said. The only difference is if no appointments are available for non-active duty members, they can have a one-time authorization to seek care from an off-post provider.

"This has helped our beneficiaries get greater access to the medical care they deserve," said John Abshier, GLWACH's managed care chief who oversees the Fort Leonard Wood TRICARE contract. "In the past, if you called for an appointment

List of off-post providers

Beneficiaries must have an authorization from Tri-West before seeking off-post acute primary care. When granted, beneficiaries can choose from the following medical facilities for a one-time appointment:

<p>St. John's Clinic 608 Old Route 66 St. Robert, MO (573) 336-5100</p> <p>Dr. Benny Thomas 215 North Street Waynesville, MO (573) 774-6279</p> <p>Dixon Family Care Clinic 206 West Second Street Dixon, MO (573) 759-3030</p>	<p>Richland Central Ozarks Clinic 304 West Washington Street Richland, MO (573) 765-5141</p> <p>St. John's Urgent Care 100 Hospital Drive Lebanon, MO (417) 533-6717</p> <p>St. John's Clinic 1100 West 10th Street Rolla, MO (573) 364-7610</p> <p>Rolla Urgent Care 416 South Bishop Avenue Rolla, MO (573) 426-5900</p>
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and none were available, you could talk to a nurse, visit the emergency room or call back the next day. Now, if we don't have an appointment, you can go to an off-post provider who has appointments available." Hell said these authoriza-

tions are for a one-time visit within 48 hours after calling the appointment line. "If follow-up appointments are necessary, they must be made at GLWACH and no other appointments for that patient or other family members are authorized with an

off-post provider," she said. "Any unauthorized appointments with civilian providers will be at the beneficiary's expense, based on the TRICARE rules for Point of Service care."

That's where the partnership with the beneficiaries comes into play – they must be willing to seek care off post and attend the appointments once scheduled.

"When someone doesn't show for an appointment, that's an opportunity lost for everyone – the original patient as well as someone else who would have showed," Sullivan said. "We recognize we have an access problem here and are doing everything we can to solve it, but we need everyone's help."

"If you're given an appointment with an off-post provider, go to the appointment. If you either can't or don't want to go, cancel the appointment in enough time to allow someone else to get the care they need and deserve."

To schedule an appointment at GLWACH, call 1-866-299-4234.

Community Health Resource Center Classes

Below is the General Leonard Wood Army Community Hospital Community Health Resource Center Class Calendar for March 2008.

All classes are conducted in the Community Health Resource Center except for breathing techniques which will be held in the MEDDAC Classroom, and others as noted. Those interested can sign up for classes by calling (573) 596-0491. Sign up for tobacco cessation classes by calling 1-866-299-4234, or call the CHRC for more information.

Classes offered are:

— **Asthma Awareness:** Discuss the causes, signs, symptoms and aggravating factors of asthma. Adults and children, 9 years old and older, who have asthma are encouraged to attend. Class dates are:

◆ March 14, 9 – 11 a.m.

◆ March 28, 9 – 11 a.m.

— **Breast Cancer Support Group meeting:**

◆ March 4, 5-6 p.m.

— **Breathing Techniques:** Learn techniques to help you breathe more efficiently when in labor. Class dates are:

◆ Feb. 28, 5:30 – 7:30 p.m.

◆ March 6, 5:30 – 7 :30 p.m.

◆ March 13, 5:30 – 7:30 p.m.

◆ March 19, 9 – 11 a.m.

◆ March 27, 5:30 – 7:30

— **Cholesterol Control:** Understand the pitfalls of shopping, cooking and eating for a low-cholesterol diet. Cardiovascular disease risk factors such as poor fitness, smoking and obesity are also discussed. Class dates are:

◆ March 10, 1 – 2:30 p.m.

◆ March 24, 1 – 2:30 p.m.

— **Diabetes Management:** Learn about treatment, complications and how to prevent them, exercise, and self-care for diabetes. The dietician will instruct patients on how to follow a diabetic diet. Class dates are:

◆ March 7, 8 a.m. – noon

◆ March 21, 8 a.m. - noon

— **Early Pregnancy and Pets in Pregnancy:** Learn what to expect in the first six months of your pregnancy as



well as how to introduce your pet to your newborn. Class date:

◆ March 3, 2:30 – 4:30 p.m.

— **Glucometer Education:** Patients will be given instructions and a demonstration on how to properly use a Glucometer. Class dates are:

◆ Feb. 28, 9:30 – 11 a.m.

◆ March 5, 2:30 – 4 p.m.

◆ March 6, 9:30 – 11 a.m.

◆ March 7, 1-2:30 p.m.

◆ March 12, 2:30 – 4 p.m.

◆ March 13, 9:30 – 11 a.m.

◆ March 19, 2:30 – 4 p.m.

◆ March 20, 9:30 – 11 a.m.

◆ March 21, 1 – 2:30 p.m.

◆ March 26, 2:30 – 4 p.m.

◆ March 27, 9:30 – 11 a.m.

— **High Blood Pressure/Hypertension:** Discuss the causes, treatment and steps taken to beat high blood pressure. Class dates are:

◆ March 4, 9-10 a.m.

◆ March 10, 9 – 10 a.m.

◆ March 18, 9-10 a.m.

◆ March 25, 9 – 10 a.m.

— **Infant Care:** Parents-to-be learn how to properly bathe and care for their new baby, to include diapering. Class date:

◆ March 12, 9 – 11 a.m.

— **Infant CPR:** New and expectant parents, baby sitters and other care givers learn how to properly resuscitate a baby if its heart should stop beating. Class dates are:

◆ March 25, 5:30 – 7:30 p.m.

— **Legal Issues & Pregnancy:** Learn about profiles and related issues military members face when pregnant. Class date:

◆ March 14, 1 – 2 p.m.

— **Methamphetamine Training:** This class gives parents what they need to talk with their children about an issue that can impact their behavior, health and lives. Location: Piney Hills Neighborhood Center, next to Thayer Elementary. Class date:

◆ March 14, 4-5 p.m.

— **Nutritious Weigh:** Learn about low-fat eating, weight management techniques, cooking methods and dietary trends. Learn how you can lose pounds safely, the importance of exercise and reading food labels, and weight management theories. Class dates are:

◆ March 3, 12:30 – 2 p.m.

◆ March 17, 12:30 – 2 p.m.

— **Self-Care Intervention Program:** Learn how to avoid illness and pursue wellness; learn the importance of healthy habits, how to treat common illness at home, and how to use medications. Participants will receive a pharmacy card to receive non-prescription medication through the pharmacy. Class dates are:

◆ Feb. 27, 1-3 p.m.

◆ March 5, 1-3 p.m.

◆ March 12, 1 – 3 p.m.

◆ March 19, 1 – 3 p.m.

◆ March 26, 1 – 3 p.m.

— **Soldiers and Families Post-Deployment Spiritual and Emotional Wellness class.** Chaplain (Maj.) Eddie Cook, General Leonard Wood Army Community Hospital chaplain, will lead the class which is open to all military beneficiaries, 16 years old and older. Call (573) 596-0491 to register. Class dates are:

◆ Feb. 28, 9 – 11 a.m. at Clarke Library

◆ March 20, 9 – 11 a.m. at Lincoln Hall

-- **Tobacco cessation:** Discuss tobacco use, skills to quit and coping strategies to remain tobacco free. Class dates are:

◆ March 4, 11:30 a.m. – 12:30 p.m.

◆ March 11, 11:30 a.m. – 12:30 p.m.

◆ March 18, 11:30 a.m. – 12:30 p.m.

◆ March 25, 11:30 a.m. – 12:30 p.m.