



HEALTH & YOU 2014



CONTENTS

2 Plexus	11 Advanced Pain Institute
3 Bencaz Family Dentistry	12 Port Vincent Dental Care
4 Health Mart Pharmacy	12 Walker Pharmacy
6 North Oaks Health System	13 Woman's Hospital
8 Triton Physical Therapy	15 Our Lady of the Lake Livingston
9 Louisiana Dental Center	EDITOR: Mike Dowty
10 Walker Family Dentistry	WRITING: Alice Dowty, Mike Dowty, John Dupont, Carol Stuart, Jamie Webb
11 Home Instead Senior Care	COVER DESIGN: Paul Hatton
	STAFF PHOTOGRAPHY: David Normand
	SALES: Leesha Gleber

Plexus offers weight loss solutions & more

When people begin looking for ways to improve their health, it can be a very daunting task. Plexus provides the solution, whether you want to lose weight, balance blood sugars, alleviate stubborn aches and pains (or more).

Plexus Slim is a life changing product that, when used as part of a daily hydration regimen, promotes loss of weight and inches by burning fat – not muscle.

Plexus Worldwide started as a breast health company in 2006. Our Breast Check Kit is known for its “sensory touch magnification,” — your sense of touch is greatly improved, which improves effectiveness of all breast self-exams as part of your monthly breast health program.

The focus is not only on breast health and weight loss, with the release of our unique line of products:

Plexus Slim – The most natural way to lose weight and inches by burning fat, not muscle; Accelerator + - When taken with the Slim, the Accelerator+ speeds up weight loss or helps people overcome weight plateaus; Plexus Body Cream – Detoxifies and revitalizes, and helps remove age-advancing toxin and impurities from the skin. Features the powerful Spirulina Algae; ProBio5 – Features 5 extra strength probiotics, all in one capsule, that supports the breaking down of hostile organisms that

negatively impact your health; Bio Cleanse – An oxygen based product that detoxifies and cleanses the gastro-intestinal tract and arteries; Plexus 96 – A protein “meal on the go” containing only 96 calories; Fast Relief Cream – Use for fast, temporary relief of pain and inflammation by working from the outside, in; Fast Relief Capsules – Reduces pain on a long term basis by working from the inside, out; contains Lyprinol, a shellfish extract, with no side effects common to synthetic drugs; Fast Relief Nerve Health Support – Provides symptomatic relief while promoting the regeneration of damaged nerves by stimulating the body to create the Nerve growth Factor (NGF); Plexus X Factor – our turbocharged multivitamin and antioxidant supplement with a patented aloe blend, resulting in improved absorption allowing for whole-body wellness.

Our products are only sold by Ambassador's for Plexus Worldwide. There are 3 ways to get them: Retail Customer – Hand to hand sales (product on hand); Preferred Customer (go to www.plexus slim.com/pinkpolice to get preferred pricing and after three months an additional 10% discount; Sign up as an Ambassador, and own your own Plexus business.

Contact Rebecca Tripp, Independent Plexus Ambassador #125102, to learn more at (225) 241-1940 or plexuspinkpolice@cox.net.



Email: plexuspinkpolice@cox.net

The Most Natural Way to Lose Weight

- No Caffeine added
- No Stimulants added
- No Counting Calories
- No Meal Replacements
- Also Available
- Pain Management Products
- Probiotic
- Bio Cleanse Detoxifier

Sign up as a preferred customer, and get a **FREE** gift from me!

Burn Fat • Lower Cholesterol • Balance Blood Sugars

Improve Your Health

Get Your Products at Wholesale Prices *ask me how...!*

Rebecca Tripp, Independent Plexus Ambassador #125102 at: 225-241-1940



Bencaz Family Dentistry expanding

DENHAM SPRINGS — At Bencaz Family Dentistry, the three dentists and their staff work hard to make smiles.

Dr. Jarrad Bencaz says it's gratifying to bring the best in dental services to the community where he grew up.

Bencaz Family Dentistry is expanding to give their office 12 exam rooms and a new call center. This will make it convenient for patients to be seen faster and make same day appointments. The doctors know that their patients' time is valuable, therefore they strive to give every patient a great experience with fast and friendly service.

Bencaz Family Dentistry is located in the Denham Springs Antique District at 130 South Hummell St., across from the Capital One Bank. They are open



The dentists at Bencaz Family Dentistry (from left), Dr. K.C. Wilkinson Jr., Dr. David Brown, and Dr. Jarrad Bencaz, strive to give every patient a great experience with fast and friendly service.

Monday through Friday from 7 a.m. to 7 p.m. and Saturday from 7 a.m. to 2 p.m.

The dental practice helps people in pain and also identifies any problem before it becomes painful. The ultimate goal is developing good oral hygiene that prevents most problems before they start. This is why they have convenient hours to help patients maintain their six-month cleaning appointments.

Dr. David Brown points out that dental problems can be from buildup of bacteria on the teeth.

This can increase susceptibility to infection and inflamed gums. One of Dr. Brown's goals as a dentist is to resolve a patient's dental needs to improve their overall health.

Dr. K.C. Wilkinson Jr. said that patients who make regular visits allow their dentist to do a better job. Knowing about changes in a patient's life, such as pregnancy or a new medication, means that a dentist can make a complete assessment and give the best possible advice. "What I enjoy most about my job is getting to know my



patients and their families, fostering a long-term relationship," Dr. Wilkinson said.

Patients who visit the same dentist regularly are also likely to feel at ease and that, in turn, helps a patient keep regular appointments. Complementary beverages, televisions and familiar faces make an appointment at Bencaz Family Dentistry feel more like a friendly visit, versus a doctor's appointment.

Bencaz Family Dentistry has been in business over eight years and offers a full range of services

including cleaning, whitening, porcelain veneers, crowns, bridges, dentures, sealants, fillings and dental implants. Patients benefit from their doctors and staff keeping up with modern technology such as digital X-rays, the best of new treatments and latest products.

Bencaz Family Dentistry sees patients starting at age three to better help them with their oral health. Many patients who first come to Bencaz Family Dentistry for treatment come to find out that dental visits can be enjoyable.

Bencaz
FAMILY DENTISTRY
Dr. Bencaz | Dr. Brown | Dr. Wilkinson, Jr.

CONVENIENT HOURS
Mon.-Fri. 7am-7pm | Sat.- 7am-2pm

225.665.2417 130 HUMMELL STREET | DENHAM SPRINGS • WWW.BENCAZFAMILYDENTISTRY.COM

*Brightening Our Community's Smile
For Over 8 Years...*

Routine Cleanings • Fillings
Root Canals • Teeth Whitening
Porcelain Veneers • Bridges
Dental Implants • Crowns
and Much More!

\$50.00 OFF
BRING IN THIS AD AND RECEIVE
\$50.00 OFF YOUR NEXT VISIT! Not Valid with other offers

Same Day Appointments Available!

Health Mart Pharmacy expands into Denham Springs

Since 1996, Health Mart Pharmacy has been dedicated to providing quality home medical equipment services for patients across south Louisiana.

Health Mart Pharmacy got its start in Gueydan, Louisiana, in 1996, and then a new location opened in Kaplan in the summer of 2000.

After experiencing success at these two locations, the business expanded to Lake Arthur in 2002, then to the Jennings Medical Plaza in April of 2006.

In 2004, Pharmacist and Owner Wes David started Health Mart Medical to more adequately supply medical equipment and supplies to customers.

In October of 2011, another Health Mart opened in Lafayette, followed quickly by a free-standing location in 2012.

The newest Health Mart Pharmacy in Denham Springs is located at 31839 La. Hwy. 16, Suite A, near Magnolia Beach Road, and the staff celebrated with a grand opening and ribbon cutting ceremony on Jan. 17, 2014.

Health Mart is a privately-owned and operated company that provides oxygen, hospital beds, walking aids, wheelchairs, respiratory therapy products (including nebulizers, CPAPs and BiPAPs), diabetic shoes and testing supplies, pediatric medication, physical therapy aids and orthotics, orthopedic needs, pharmacy retail, prescription compounding services and home IV infusion services.

The Denham Springs location also offers dollar store merchandise and gifts.

Health Mart provides free delivery options for all of its services, and a convenient drive-thru lane allows customers to pick up previously called-in prescriptions in a fast, secure manner.

Health Mart also accepts all Medicare, Medicaid, insurance cards, workman's compensation plans, Express Scripts and Tricare Insurance plans.

The company prides itself on its excellent, personal, friendly and convenient service and the professionally-trained staff of pharmacists, respiratory therapists, registered nurses, pharmacy technicians and clerks, equipment and supply specialists, and billing specialists available at every location.

Health Mart has always been unique in its combination of old-fashioned values coupled with state-of-the-art tech-



They encourage patients and referral Medical, we truly care for our

nology and ideas. **Health Mart Pharmacy recently opened at 31839 La. Hwy. 16, Suite A, near Magnolia Beach Road. Pictured are Wes David, owner and pharmacist; Lori Torina, pharmacy technician; Brenda Pourciau, pharmacy technician; and Delery Matherne, Jr., pharmacist.**



The company views its patients and customers as extended family, and it is committed to providing the equipment that meets or exceeds the standards of the industry and services that reflect their respect of patient rights.

Health Mart is always interested in adding new product lines, expanding their referral base and increasing their success so they can continue to grow over the years to come.

resources to voice their opinions about their services, knowing their long-term success depends on service that consistently meets or exceeds customer expectations.

The Quality Improvement/Performance Improvement Coordinator regularly monitors the quality of their services, which in turn promotes clinical efficiency and patient safety.

“At Health Mart Pharmacy and

patients,” David said. “Our mission is to deliver the highest quality pharmaceutical care possible on a very professional, personal and individual basis.”

Stop by the Denham Springs location or call 225-271-4995 to inquire about prescriptions and other services.

The pharmacy hours are Monday - Friday, 8 a.m. - 6 p.m., and Saturday, 8 a.m. - 12 noon.

A pharmacy that offers exceptional service?



*Yes,
we do.*

We're with you in sickness and in health.

Some pharmacies have customers. We have an extended family. Experience the difference!

Since we are an independent pharmacy, we don't answer to a board of directors- we answer to you.



It's simple to transfer your prescriptions!



31839 La Hwy 16. Suite A, Denham Springs, LA 70726

Phone: (225) 271-4995

• **FREE Delivery** • **Drive Thru Pharmacy**

Mon-Fri: 8am-6pm • sat 8am-12pm

All major insurance plans accepted!

Medicare D, Medicaid & Workman's Comp
Prescription Compounding • Home Medical Equipment
Diabetic Strips & Supplies • Pediatric Medication
Dollar Store Merchandise • Gifts



**More bang!
Same co-pay but
better service.**

Just call us at
or bring in your prescription bottle.
We'll do the rest!

\$20 to you from us!

Bring this coupon in and receive \$20 off purchases with a transferred prescription. New customers only.



Not valid with state or federally funded plans, co-pays or any other offers. Minimum transfer requirement must be met. Void where prohibited. See store for details. No cash/credit back.

FACT:



ONE
IN
FOUR

NUMBER OF DEATHS
IN LOUISIANA CAUSED BY
HEART DISEASE

www.ncsl.org

GET SMART ABOUT YOUR HEART.

Start the New Year off right - make sure your heart is in good shape. Our cardiologists can assess your risk factors and help you keep your heart healthy all year long.



JAMES M.
PARKER, MD



NIK
ABRAHAM, MD

CALL or **CLICK** today for more information.



(225) 686-4960



www.northoaks.org/livingston



NORTHOAKS
Livingston Parish Medical Complex



17199 SPRING RANCH ROAD | (I-12 @ SATSUMA)
LIVINGSTON, LA 70754



FIND OUT THE STATE OF YOUR HEART.

Cardiovascular disease is the leading cause of death in the United States and is affecting people at a younger age.

Learn the risk factors, symptoms and treatment options for heart and vascular disease in men versus women with this free educational seminar.

LIVINGSTON

Thursday, February 13 • 6 pm
North Oaks-Livingston Parish Medical Complex
17199 Spring Ranch Road | Livingston, LA

Featuring
Nik Abraham, MD
North Oaks Cardiology



HAMMOND

Wednesday, February 19 • 6 pm
North Oaks Diagnostic Center
15837 Paul Vega, MD, Drive | Hammond, LA

Register online at www.northoaks.org/heart or call (985) 230-6647 in Hammond or (225) 686-4885 in Livingston.

Space is limited, and registration is required.





Triton Healthcare is located at 8128 Florida Boulevard, directly across from Eden Church Road. Pictured (from left) are Debbie Millet, Human Resources; Nancy Leslie, Billing Assistant; Cheryl Jeane, PT, DPT; Callie Taylor, PT Tech/Receptionist; and Shannon McMorris, Office/Billing Manager.

Triton promotes pain-free living

DENHAM SPRINGS — Cheryl Jeane, physical therapist at Triton Healthcare Out-patient Physical Therapy Clinic, 8218 Florida Boulevard, Denham Springs, strives to do more than eliminate pain for her patients.

She wants to lead them to a pain-free lifestyle – one that will allow them no physical limitations.

“People are asking more for physical therapy now,” she said. “They don’t want to take a pill – they want to function.”

It represents the reason Jeane loves her work in physical therapy.

“I want people to be able to work, play and do everything to the best of their ability their entire life,” she said. “People want to live until they die.”

Jeane is certified in functional mobility training, which focuses on mobility and stability.

“If you have mobility and stability, you can usually do what you’re trying to do,” she said. “It’s all about the ability of the joints and the stability of the muscles.”

Jeane compares mobility and stability to the timing on a car’s engine.

“If the timing is off, the car doesn’t run well,” she said. “We have the same timing in the muscles, and if you have that, you should be able to do pretty much everything you want to do.”

Jeane treats patients of all ages, ranging from adolescents to senior citizens.

Many of her younger patients come to her for therapy related to sports injuries.

“I see a lot of people who play in high school sports or other activities,” she

said. “I also see the older patients who still deal with pains from injuries they had in high school.”

Jeane says patients come to her for treatment for pains without knowing the true origins for the discomfort.

“Often I find with knee injuries that it could come from your foot or the mechanics of how your foot is on the ground or from the weakness in your hip,” she said. “It’s the whole chain – if it’s something in one spot, it could be something in another. I look at the whole picture.”

Patients should not let the pain linger before they finally seek treatment, Jeane said.

“If you wait until you’ve lost function, it takes a lot more time to recuperate,” she said.

Physical therapy deviates from medical clinics by serving more as a “path to wellness” facility.

“We serve as a jumpstart to get you back to how you want to live,” Jeane said.

Jeane works with area gyms and instructors. She also teaches group fitness at PARDS.

Triton accepts most major insurance providers, as well as the barter group I-Trade.

“We work with I-Trade because deductibles have gotten out of control,” Jeane said.

Hours are by appointment. Some can be as early as 7 a.m., others as late as 5 p.m.

Triton Outpatient Physical Therapy is located on 8128 Florida Boulevard, near Eden Church Road.

PHYSICAL THERAPY CAN HELP!

GOT PAIN?



Cheryl Jeane
Director of Physical Therapy

225.791.8666



8128 Florida Blvd., Denham Springs, LA

Louisiana Dental Center: family dentistry at family-friendly fees

Louisiana Dental Center on Juban Road opened less than a year ago, but brings with it more than 30 years of a tradition providing comprehensive and accessible care at an affordable price, and most of all, putting patients and their comfort first. Established in New Orleans in 1980, Louisiana Dental Center now has 12 locations scattered throughout South Louisiana. Whether you are 6 or 60, and whether you have been getting regular dental care your whole life or have not been able to keep up with your care, you will feel welcome at Louisiana Dental Center.

“Our practice started years ago by providing for underserved populations and those not receiving regular care. Our goal was to get those on-again, off-again patients into a long-term dental care routine and we mostly succeeded,” said marketing director Mark Meunier. “We now see primarily regular, ongoing patients, but many still need a dentist on an emergency basis if they’ve been too busy to make regular visits or are in a crisis. We understand there are all types of patients and we provide care without

passing judgment.”

Louisiana Dental Center is also the answer for those patients who’ve been putting off a visit because they feel like they don’t have the time. They are open six days a week for those needing a weekend appointment or an emergency visit. Their motto is “We’ll see you . . . TODAY!”

Dental patients will find everything they need at Louisiana Dental Center. From regular check-ups, cleanings, and whitening to fillings, crowns, root canals and implants, even braces and denture fabrication and repair. It’s all there in one place. Louisiana Dental Center even has an orthodontist on staff and an in-house lab to save patients both time and money by cutting out the middleman.

Louisiana Dental Center makes every effort to keep costs low, living up to their promise of providing “Family Dentistry at Family-Friendly Fees.” They’re also in-network with a wide range of insurance plans, including many smaller ones that other practices might not accept.

Dr. Keith Luminais and Dr. Jared



Louisiana Dental Center on Juban Road is one of 12 locations throughout the state.

Harris, partners in the Juban Road location of Louisiana Dental Center, as well as their hygienists and assistants, are all highly trained. In fact, both doctors are proud graduates of LSU School of Dentistry, and they keep up to date with supplemental training, continuing education and professional associations. The convenience and affordability of care at Louisiana Dental Center has never compromised the quality.

“Our goal is to continue to provide excellent quality dentistry for the whole family at an affordable price and be there when our patients need us most – in an emergency.” Meunier said. “The most important thing, though, is to keep the personal touch between our staff and patients. We strive to be an exceptional dental provider, but we can’t do our best unless our patients are comfortable, understand the process and feel at ease.”




Over 30 Years of Quality Gentle Care
★ "We Cater to Cowards" ★

HOME OF THE SAME-DAY APPOINTMENT • "We'll See You...TODAY!"

- ✓ Open Fridays & Saturdays
- ✓ In-Network With Most Dental Insurance
 - ✓ We Accept Medicaid
- ✓ Sedation Options Available to Ease Anxiety
 - ✓ Orthodontist on Staff
- ✓ Emergencies & Walk-Ins Welcome
- ✓ In-House Denture Lab: Repairs & Relines While You Wait









Proud Partner
of the New Orleans Saints
and the LSU Tigers®



Denham Springs
27949 Juban Road
(225) 243-7704

For a complete list of services
& doctors visit us at
www.LaDentalCenter.com

Walker Family Dentistry looks forward to 2014

WALKER — Dr. Lauren Ardoin Leach celebrated the grand opening of Walker Family Dentistry on Sept. 30 of last year and hasn't looked back.

"We have had a great three months and have enjoyed meeting so many wonderful people from Walker and the surrounding communities," she said.

In that time she has become an active participant in the community's events and found a warm welcome.

"It has been such a joy and pleasure to meet so many wonderful people!" she said. "We had such great time riding in the Walker Christmas Parade and visiting the schools. Everyone has been so friendly!"

Located at 9709 Florida Blvd., Walker Family Dentistry offers all types of dental care needs including comprehen-



Dr. Lauren Ardoin Leach appreciates the warm welcome into the Walker community.

sive exams, oral cancer screenings, periodontal exams, cleanings and deep cleanings with periodontal scaling.

The new dental office also provides white fillings, porcelain and/or metal crowns and bridges, dentures, root canals, extractions, teeth whitening,

pediatric dentistry and other dental procedures and services.

For comfort, patients are able to watch television and are provided head phones, blankets and pillows. Refreshments are also available in the waiting area.

Dr. Leach is a graduate of LSU School of Dentistry.

"From the time I was accepted into dental school, I envisioned myself running my own dental office," Leach said. "Both my father and grandfather were dentists and each of them built their own building

and practice."

Leach is a member of the Academy of General Dentistry, American Dental Association and the Louisiana Dental Association.

"Having 'grown up' in a dental office, I understand how enjoyable and rewarding it can be to not only be a dentist and provide quality dental care, but to also be a business owner," Leach said.

Leach has successfully completed the CITA clinical dental licenser examination as well as the DOCS education course for Oral Sedation Dentistry.

Walker Family Dentistry is open Monday, Tuesday and Thursday from 8:30 a.m. to 5:30 p.m. and Wednesday and Friday from 8 a.m. to 1 p.m.

"We know that 2014 will exceed our expectations just as 2013 did in only three months," she said.



Walker Family Dentistry
9709 Florida Blvd.
Walker, LA 70785

- New Patients & Emergencies Welcome
- Accepting American Express, Visa, Mastercard, Discover, Care Credit
- Most Insurance Accepted
- Ask About Interest Free Financing
- Refer to Website for Discount Specials.

SCHEDULE YOUR APPOINTMENT TODAY!

Lauren A. Leach, DDS

Phone: 225.271.8553

Fax: 225.271.8894

walkerfamilydentistry.net

Home Instead brings in-home non-medical services option for seniors

Since most of us want to remain in our homes as we age, Home Instead Senior Care is an affordable solution for older individuals or couples who may want non-medical assistance.

Our services include light housework, meal preparation, companionship, errand-running or transportation and, when needed, personal care. Our services can be arranged 7 days a week for as little as 4 hours or as many as 24 hours a day, including holidays.

Home Instead takes the uncertainty out of hiring in-home help, since all of our CAREGivers are screened, trained, bonded and insured. CAREGivers must pass a criminal background check and drug testing. We also take care of all taxes and worker's compensation.

Our team of nurses and Care Managers oversee client care and conduct quality assurance visits.

Log notes kept in every home foster good communication and support supervision. Even after regular office hours, the team responds 24 hours a day, 7 days a week, to schedule assignment changes, arrange service and communicate with clients, client families and CAREGivers.

The Baton Rouge Home Instead Senior Care office is locally owned and operated. We have served Baton Rouge and surrounding areas for almost 13 years.

We look forward to serving you!

Please do not hesitate to call us at 225-819-8338 if you have questions.

Or visit Homeinsteadla.net.

Advanced Pain offers relief

Advanced Pain Institute is a group of pain management physicians who specialize in interventional pain management. The main clinic is in Hammond, with satellite offices in Denham Springs and Covington.

In addition, Advanced Pain Institute is partnered with Comprehensive Neurological Solutions, a team of neurologists. The partnership will bring neurological services to Denham Springs.

The staff clinicians specialize in assisting patients with acute or chronic pain. Physicians focus on management of pain with a combination of medications, exercise, physical therapy and interventional therapy. Staff clinicians include Dr. Artemus Flagg II, Dr. Steven C. Lee and Dr. Michael Saxon Fisher.

Flagg, who grew up in Nashville, Tenn., completed his residency in Anesthesiology and secured his Fellowship in Pain Medicine at Johns Hopkins University School of Medicine.

Patient care extends beyond the treatment of pain, he said. "We focus on pain that goes beyond the normal period of healing, basically pain that lasts longer than the normal healing time of three to six months on injuries," Flagg said.

Fischer, a New Orleans native who grew up on the Northshore, treats general neurological issues, such as Parkinson's Disease, migraine headaches and memory loss. "My specialty

is peripheral nerves, which includes nerve disease and muscle disease," Fischer said. "Of course, the spine is part of that, but I do TIAs, strokes, migraines, tremors ... the whole nine yards, as far as neurology goes."

Fischer will begin seeing patients next month at the Denham Springs office.

Dr. Steven C. Lee, another newcomer to the staff, moved to Louisiana from Rochester, N.Y. He graduated from the Washington University in St. Louis School of Medicine.

The extensive, one-on-one care puts Advanced Pain Institute at the forefront of pain management, Lee said. "Our goal is to enhance people's lives," Lee said. "We like to help those who have obstacles from pain so they can live a fuller, more fulfilling life."

The treatment involves a combination approach. After diagnosis, physicians use medication, injection therapy and non-surgical therapies.

"We try to use non-surgical therapy as much as we can," Lee said. "Obviously, if the patient needs surgery, we identify that and make sure the patients are cared for so they are as comfortable as possible. I like to have my patients perceive me is that we want to take the extra time to determine what the problem really is, and when we diagnose the problem, we can work as a team to overcome it," he said.



"I feel like such a burden...."

It's a natural feeling, but there are ways to put your mind at ease.

Caregiver Support with Dignity and Compassion

OUR SERVICES



Personal Care Companionship Alzheimers Care

Call **225-819-8338** or visit HomeInsteadLa.net to learn about our non-medical senior resources or to schedule a free in-home consultation. Affordable service is offered for as few as four, or as many as 24 hours a day, 7 days a week and includes light housework, meal preparation, transportation and more.

Home Instead
SENIOR CARE
To us, it's personal.

Advanced Pain Institute **Together, easing pain & enhancing lives.** **COMPREHENSIVE NEUROLOGICAL SOLUTIONS**

Now accepting new patients, call:
(985) 345-PAIN (7246)
www.painexperts.com



Dr. Artemus Flagg, Dr. Anastasia Fischer, Dr. Michael Fischer, and Dr. Steve Lee

Advanced Pain Institute
Like us on Facebook

303 Veterans Blvd. suite A, Denham Springs, LA

Dental care in Port Vincent

PORT VINCENT — Dental care is available right at home for residents of Port Vincent and surrounding areas.

BR Dental Care, 15420 S Harrells Ferry Rd., Suite C, in Baton Rouge, has opened an office at 18335 Hwy. 42 in Port Vincent.

Carlos M. Suadi, DDS, alternates days seeing patients between the two locations. Dr. Suadi is a partner with Breah B. Burkhalter, DDS.

The dental practice is focused on providing comprehensive care to meet all of your general, restorative, and cosmetic dental needs. Port Vincent Dental Care will create individualized treatment plans that work with your lifestyle and your specific needs. The dentists take the time to listen to your priorities, answer your questions, and discuss all your treatment options. We will work with you to achieve the results you want for your smile.

The practice emphasizes a fun, friendly atmosphere that will put you at ease.

“We know our patients by name and strive to create a positive dental experience,” Dr. Suadi said. Dr. Suadi earned his undergraduate degree from Loyola University School of Dentistry in New

Orleans and his dental degree from LSU. Dr. Suadi has been in practice since 1994. Previous to this, he served in the Marine Corps Reserve and is a veteran of Desert Storm. Since graduating, Dr. Suadi has taken countless hours of continuing education. He consistently stays current on the latest developments in the field, including innovations in cosmetic and restorative dentistry, dental implant restoration, and mini dental implants, so he can provide his patients with the most modern, effective dental care available. He maintains membership in professional dental organizations, including the American Dental Association, the Louisiana Dental Association, and the Greater Baton Rouge Dental Association. Dr. Suadi’s care goes beyond that of his private practice. He also provides free dental care to handicapped individuals who can’t afford treatment.

Dr. Suadi and his wife have two sons, aged 7 and 3, and a 5-year-old daughter. When he is not helping patients at the office or spending time with his patients, Dr. Suadi likes to relax by fishing. Patients appreciate Dr. Suadi’s personal, caring approach as he improves their smiles.



NIGHT OWL?

NO PROBLEM. NOW YOU CAN PLACE AN AD 24/7

WWW.LIVINGSTONPARISHNEWS.COM



D0274 Bitewings
D0150 Comp. Exam
D1110 Proply

PortVincentdentalcare

ENJOY HEALTHY TEETH AND GUMS FOR LIFE!

New Patient Special!
COMPREHENSIVE EXAM & 4 BITE WING
Upon completion of first new patient visit.
*(X-Rays and Cleaning)
*First visit only

Only \$89!
A \$125 Value!

Call Today!
225.698.9510
Dr. Carlos Suadi
And Associates **General Dentistry**
18335 Hwy 42, Port Vincent, LA

YOUR COMMUNITY PHARMACY



Walker Pharmacy

Walker South near Hwy 190
Phone / **225-243-4852**
www.thewalkerpharmacy.com

Comprehensive weight loss for women

Counseling, surgery, lifestyle coaching

Woman's Hospital offers the only comprehensive weight loss program designed solely for women.

"Our intention is to be the most comprehensive program possible – as comprehensive as we can imagine ourselves being," said Katherine Wardlaw, a certified bariatric nurse and bariatric surgery coordinator the last three years at Woman's Hospital.

Wardlaw, a Baton Rouge native, serves on the board for the Louisiana State Chapter of the American Society of Metabolic and Bariatric Surgery. She is also a certified facilitator through Bariatric Support Centers International.

The ASMBS sets the standards and guidelines for bariatric surgery followed by the Woman's Hospital program.

Woman's Hospital offers counseling before and after the surgery to guide patients through the journey to a healthier lifestyle.

The program offers three different types of weight-loss surgeries – gastric banding, gastric bypass and vertical-sleeve gastrectomy.

Bariatric surgery has led millions to a healthier lifestyle, but patients must take a serious approach to the surgery – particularly in the months and years that follow.

"A lifestyle modification must take place," she said. "It has to be used as a tool, otherwise it won't be effective."

Bariatric surgery is not unlike attending Weight Watchers meetings or taking a diet pill.

"It's a more invasive too, so we always say multiple diets and fitness plans should be considered first," Wardlaw said. "Most of the people who undergo surgery have already made efforts to lose weight, but without success."



"I had 128 reasons to lose weight."
Weight Loss Surgery **Discover a New You**



Our Ideal Weight Loss Program
your transformation to health
save \$100 New clients only



The average age for a patient is 42.3 year old, while the average height is 5-4 ½ and weight is around 255 lbs. The average body-mass index is 43.

"That's a pretty average looking person in this area," Wardlaw said.

One major factor plays a role in the time span between initial consultation and surgery – insurance.

The pre-op process can last from

three to six months, depending on the carrier.

Cash speeds up the process, Wardlaw said.

"With cash, it's a matter of when you get the funds together and what works for everyone," she said.

Regardless of cash or insurance, patients must go through standard guidelines before the undergo surgery. Those steps include psychological evaluation, imaging, lab panels and an upper-gastrointestinal test, Wardlaw said.

Woman's Hospital has honed the pre-op procedure to get patients in and out within hours.

"The first half of the morning is spent doing tests for surgery, and the next ninety minutes they meet with our dietitian, who is exclusive to bariatric surgery," Wardlaw said.

Woman's Hospital provides each bariatric patient a binder that follows guidelines set by the American Society of Bariatric Physicians.

"It shows them how to eat before and then it goes into the first few weeks after the surgery, and then they meet with the surgeon a few weeks after that," Wardlaw said.

Woman's Hospital offers post-surgery programs to keep patients on track with

FREE SEMINAR

Register for **FREE seminar, Weight Loss Surgery: What You Should Know. 225-924-8987.**

February 5: Andrew Hargroder, MD

February 11: Kenneth Kleinpeter, Jr., MD

March 5: Drake Bellanger, MD

March 6: Brent Allain, MD

weight loss – and to help them keep the weight off.

Patients can participate in monthly support groups driven by the patients.

The hospital also offers 'back on track' programs for those who regain weight.

"Those programs are very little about eating and more about why they'd revert to their old habits and how they can resume productive goals," Wardlaw said.

Health coaches through the hospital's Wellness Center help patients set goals that are both attainable and measurable.

Multiple physical activity programs prove very helpful for bariatric patients, Wardlaw said.

"We're having a pool party in February to do exercises and see how they feel, particularly for those who have trouble exercising but want to be more active," she said. "The idea about the pool is that the buoyancy takes pressure off the joints and helps strengthen them."

As an added perk, all bariatric patients will now receive membership into the Obesity Action Coalition, a nonprofit group that tackles obesity on every level.

In addition, every patient will soon receive quarterly editions of the magazine "Your Weight Matters".

The programs geared to help women lose weight and keep it off exemplify the caring nature of Woman's Hospital.

"We're all invested in the patients," Wardlaw said.



"I had 128 reasons to lose weight. That's why I chose Woman's."

"I lost 128 pounds in one year."


Woman's
 exceptional care,
 centered on you

At Carla's heaviest, she could see her health and life slipping away. She turned to Woman's to help take it back. We offer the area's **only comprehensive weight loss surgery program dedicated solely to women** offering:

- a personal weight loss surgery coordinator to guide you through the process
- pre- and post-surgery nutrition programs with a registered dietitian
- an educational tool-kit to keep you on track and help you during your journey
- a monthly support group
- A New You, Woman's weight loss surgery blog featuring posts from our patients, doctors, physical therapists, nutritionists and bariatric experts
- a complimentary subscription to *Weight Matters*
- a discount to Woman's Fitness Club
- a personal life coach
- assistance in finding financing options

Contact us to find out why more women choose us, the region's most comprehensive weight loss program dedicated solely to women. Visit womans.org/aneveryou or call a Woman's Weight Loss Surgery Coordinator at **225-215-7982**.



YOUR HEART

With Our Lady of the Lake Livingston

Our Lady of the Lake Livingston is the state's first freestanding emergency room, and in its first year, more than 30,000 patients received care in the emergency room and another 45,000 patients received care from the lab, outpatient clinics and pharmacy.

Our Lady of the Lake Livingston is meeting an unmet need in the Livingston community. The physicians, nurses and staff of the medical center continue to be humbled by the generous outpouring of community support and gratitude for our commitment to the Livingston Parish area.

The medical complex and emergency room provide care for illnesses from minor to very complex and cover the spectrum from pediatrics to end of life care, including outpatient diagnostics. Medical specialists are able to care for patients in one location, allowing most patients to remain close to home for treatment.

Our Lady of the Lake Livingston is located only 16 miles from the hospital's main campus on Essen Lane in Baton Rouge. The relationship with the main campus allows a continuum of care for patients who require care from the Trauma Center, Our Lady of the Lake Children's Hospital, Heart & Vascular Institute and more.

With heart disease being the highest cause of death in our state, Our Lady of the Lake is advancing heart and vascular care and education. In November, Our Lady of the Lake established the Heart & Vascular Institute as a new destination for heart care and to improve the overall heart health of our community and state.

A new nine-story, state-of-the-art Heart & Vascular Institute opened in Baton Rouge in November 2013 and established a network of cardiovascular care that includes care in Livingston. The building is designed, staffed and equipped to be among the nation's premier centers for heart care and encourages innovation to provide the highest levels of patient quality and safety in a healing and comforting environment. Our Lady of the Lake's commitment to improving heart disease and advancing heart care are some of the many ways Our Lady of the Lake *Hearts Your Heart*.

Our Lady of the Lake encourages you to *Heart Your Heart* by taking the time to schedule important check-ups with your doctor to learn your health numbers, such as blood pressure, cholesterol, blood glucose, weight, body mass index (BMI) and waist measurement, all of which are part of the screenings doctors use to measure health.

High numbers can indicate risk for developing heart disease, but knowing your numbers through timely tests and screenings can help reduce risk for one of the main causes of death in Americans.



Joseph Deumite, MD, FACC

Dr. Joseph Deumite, FACC, Cardiologist with Louisiana Cardiology and Our Lady of the Lake Physician Group who sees patients in the physician tower at Our Lady of the Lake Livingston, shares what the numbers really mean.

KNOW YOUR NUMBERS

1 Blood Pressure

High blood pressure can mean that your heart is working harder than normal to push blood through your body. Less than 135/85 is normal and healthy.

2 Cholesterol

A fatty substance that hardens and sticks to artery walls, cholesterol makes it harder for blood to move around the body. Total cholesterol of less than 200 mg/dL is desirable.

3 Blood Glucose

Blood glucose tests measure the amount of sugar in the blood, help diagnose diabetes and monitor those who have diabetes. Diabetes is a risk factor associated with heart disease. A normal, fasting blood glucose level for a non-diabetic is less than 100 mg/dL.

4 Weight

The American Heart Association finds that, even with no other related health conditions, obesity alone increases risk of heart disease. If you are 20% overweight or more, your risk for developing heart disease increases significantly.

5 BMI

Body mass index (BMI) measures your weight in relation to your height. Extra weight makes the heart work harder and raises blood pressure, blood cholesterol and triglyceride levels. High BMI also lowers good (HDL) cholesterol levels. Normal BMI range is 18.5 to 24.9.

6 Waist Measurement

In women, a waist measurement of more than 35 inches indicates increased risk for weight-related problems. For men, a waist measurement of more than 40 inches indicates increased risk for weight-related problems.

Knowing your numbers and making sure they are within normal range is important to you and to your loved ones. For more, visit www.ololrmc.com/heartyourheart.

Community Healthcare Services

AT OUR LADY OF THE LAKE LIVINGSTON

In addition to our 24/7 emergency room, **Our Lady of the Lake Livingston** is committed to providing the most technologically advanced outpatient services in one convenient location.

ADDITIONAL SERVICES

Lab Services

6:30 am - 5:30 pm
Monday - Friday
(225) 271-6035

Community Pharmacy

8 am - 5:30 pm
Monday - Friday
(225) 271-6098

OUTPATIENT DIAGNOSTIC AND IMAGING SERVICES

7 am - 5 pm, Monday - Friday
(225) 271-6035

- Magnetic Resonance Imaging (MRI)
- Computed Tomography (CT)
- Ultrasound
- Fluoroscopy
- Mammography
- Bone Densitometry
- Digital X-ray



**OUR LADY
OF THE LAKE
LIVINGSTON**

OLOLRMC.COM/LIVINGSTON
5000 O'DONOVAN BLVD, WALKER