

currentcare

Upcoming Screenings, Seminars and Classes



helping **you** live
a healthier life.



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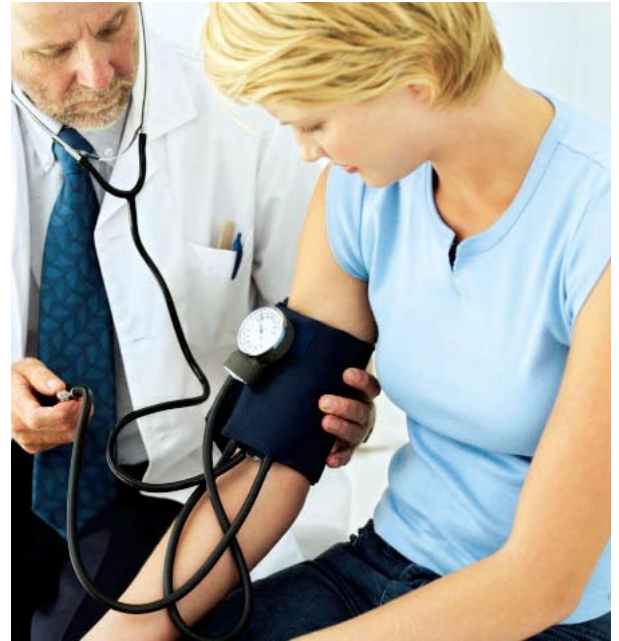
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Staying Healthy in an Unhealthy Economy

During these stressful economic times, people face difficult decisions as their budgets must stretch further than ever before. Although some people may consider delaying the healthcare they need, physicians at Olathe Health System advise that doing so could lead to bigger, more expensive problems.

Here are some tips to help you make smart healthcare decisions during the down economy:

1. Ask your doctor for a list of the regular screenings and tests he or she recommends for you (for example, cholesterol, blood pressure, colon screening, Pap smears and mammograms). Visit olathehealth.org to download a free preventive health guide.
2. Keep immunizations up-to-date for you and your children.
3. If you take regular medications, do not stop taking them or change your dosage. Be sure to visit your physician regularly to discuss them.
4. Remember to eat a healthy diet, exercise regularly and get plenty of sleep.
5. If you're sick or experience new health problems, don't put off seeing your doctor. Delaying care could lead to more serious (and more expensive) problems in the future.



Illness is never convenient. Fortunately, we are.

If you or a family member are ill, you want quality medical care as soon as possible, so you can feel better as soon as possible, too. Our network of more than 30 primary care, pediatric, family care and express clinics demonstrates our philosophy of convenient healthcare through extended day and weekend hours, with same-day walk-in appointments available. **Visit olathehealth.org to find a clinic near you.**

Same-day walk-in appointments are available at these clinics:

Arbor Creek Family Care

16538 W. 159th Terrace, Olathe (near 159th and Mur Len)
913-829-1660
Mon.-Thurs.: 8 a.m. – 7 p.m.
Fri.: 8 a.m. – 5 p.m.
Sat.: 9 a.m. – 12 p.m.

Care Express - Gardner

Located inside Price Chopper
830 E. Main St., Gardner
913-390-6666
Mon.-Fri.: 9 a.m. – 8 p.m.
Sat.: 9 a.m. – 5 p.m.
Sun.: 10 a.m. – 2 p.m.

Care Express - Lenexa

Located inside Price Chopper
19601 W. 101st St., Lenexa (near K-10 and Woodland Rd.)
913-390-6666
Mon.-Fri.: 9 a.m. – 7 p.m.
Sat.: 9 a.m. – 5 p.m.
Sun.: 10 a.m. – 2 p.m.

College Point Family Medicine

23450 College Blvd., Olathe (near K-7 and College Blvd.)
913-764-7788
Mon.-Thurs.: 8 a.m. – 7 p.m.
Fri.: 8 a.m. – 5 p.m.
Sat.: 9 a.m. – 5 p.m.
Sun.: 9 a.m. – 1 p.m.

Gardner Family Care

18320 S. Center St., Gardner
913-856-5577
Mon.-Fri.: 8 a.m. – 5 p.m.

Walk-In Health Care of Olathe

15435 W. 134th Place, Olathe (near 135th and Blackbob)
913-780-0030
Mon.-Fri.: 8 a.m. – 7 p.m.
Sat.: 9 a.m. – 5 p.m.
Sun.: 12 p.m. – 5 p.m.

Sick today? Call to see a DrToday.

Our DrToday hotline service can help you schedule the quickest, most convenient same-day appointment with a pediatric or primary care physician within our Olathe Health System network. Call DrToday Monday through Friday from 8 a.m. to 4:30 p.m. to make an appointment. **Call 913-782-2224 (or toll-free 1-877-544-2224 from outside the Kansas City area).**

Health Screenings and Community Education Classes

To learn more about all of our screenings, classes and events or to register, please visit olathehealth.org.

Screenings

HEALTHFLOW VASCULAR SCREENINGS

7 screenings, \$125

Measure your risk for stroke and heart attack.

Screenings are held monthly at the Kansas Cardiovascular Center at Olathe Medical Center. A 12-hour fast is required. Visit olathehealth.org or call 913-791-4311 to register.

HEARTSCORE64 CALCIUM SCORE SCREENINGS

\$195

Your calcium score, a measure of the calcium buildup in your heart and an indicator of your risk factor for heart disease, can make a big difference to your heart's health. Screening appointments are available Monday through Friday at Cardiology Services at Olathe Medical Center. Call 913-780-4900 for more information or to schedule.

Childbirth & Parenting

PLANNING A PREGNANCY

What should be done and what should be avoided before and during pregnancy to give your baby the best chance for a healthy start? Risk factors and hazardous exposures, as well as emotional and financial issues will be addressed.

HEALTHY PREGNANCY

For expectant parents in their first or second trimester. Information provided on nutrition, exercise, fetal growth and development, and coping with common discomforts of pregnancy.



CHILDBIRTH PREPARATION

Childbirth preparation techniques, emphasizing a family-centered approach to birth options, comfort measures, breathing techniques, partner coaching, informed choices and total body relaxation during labor and birth. Information on postpartum care, newborn care and safety. Choose from five-week or one-day classes. A one-day refresher course is also available.

BREASTFEEDING

Review basics of breastfeeding, including benefits to mom and baby, latch-on, frequency and length of feedings, and common problems and solutions. Information on pumping and what to do when you return to work. Your support person is encouraged to attend.

FITNESS FOR TWO

This class is designed for pregnant women and new moms, and consists of low-impact aerobics, stretching, toning and yoga. Education is provided on posture, body mechanics, Kegals and more. Taught by Olathe Medical Center physical therapists and other healthcare professionals. A prescription from your physician is required and needs to be renewed every 30 days.

INFANT CARE

An overview of baby care basics: how to hold, diaper, swaddle, bathe a newborn and what to expect in the first few weeks at home. Safety issues and common concerns are addressed.

GRANDPARENTING AND SIBLING PREPARATION CLASSES

Grandparenting class teaches current methods of childbirth, infant care and safety. The sibling preparation class helps children feel more comfortable with the hospital setting and with the new family addition. Sibling class content is most appropriate for ages 3 to 10, but other ages are welcome.

TOURS OF THE BIRTH PLACE

The Birth Place at Olathe Medical Center hosts free tours for prospective moms twice a month. Tours provide an opportunity to meet the staff of The Birth Place and view the unique delivery rooms and amenities. Dads, siblings, grandparents and friends are welcome to attend. Tours are also included with all Childbirth Preparation classes.

Wellness & Education

BABYSITTER SAFETY

This American Safety & Health Institute (ASHI) program, taught by certified CPR instructors, is intended for babysitters ages 11 to 15. Participants will learn helpful tips and techniques on care for infants and children, home safety, first aid and managing choking. Participants will receive a two-year certification in babysitting.

GROWING UP GIRLS AND GROWING UP YOUNG WOMEN

Growing Up Girls is designed to guide the 8 to 11-year-old girl and her mom or guardian through the changes of puberty and menarche in a gentle, humorous, non-threatening way. Growing Up Young Women is designed for girls 12 to 15 who often have questions about sexuality but are unsure who or how to ask.

FREEDOM FROM SMOKING

Stop-smoking program that gives support and individualized planning. Designed by the American Lung Association.

PRE-DIABETES CLASS

Certified diabetes educators teach risk factors, why routine screenings should be done and what steps you can take to prevent or delay diabetes.

SIGN LANGUAGE LEVEL I AND II

Learn the basics of American Sign Language. "The American Sign Language Phrase Book" by Lou Fant is included.

HEARTSAVER AED AND HEARTSAVER ALL AGES WITH AED

Heartsaver AED is a certified course that teaches adult/child CPR, how to aid a choking victim and the use of AEDs. Heartsaver All Ages with AED is a certified course that teaches adult/child/infant CPR, how to aid a choking victim and AED use. A certification card will be issued after completion of these classes.

HEALTHCARE PROVIDER CPR AND REAFFIRMATION

Learn CPR for victims of all ages (including ventilation with a barrier device and a bag-valve mask device), use of an AED and relief of Foreign Body Airway Obstruction (FBAO). For participants who provide care to patients in a wide variety of settings, in-hospital and out. Book included. The Reaffirmation class is for healthcare providers seeking re-certification and focuses on reviewing and testing all skills with minimal time devoted to lecture. A certification card will be issued after completion for these classes.

FAMILY AND FRIENDS CPR (ALL AGES)

This non-certified class teaches basic adult/child/infant CPR skills and how to aid a choking victim. No test required.

FIRST AID

An American Heart Association program familiarizes the citizen responder with the principles of first aid. Hands-on class covers how to manage illness and injuries in the first few minutes until professional help arrives. Book included. A certification card will be issued after completion.

FIRST AID 4 KIDS

This class is intended for children ages 9 to 12, and focuses on safety and prevention of injuries as well as the treatment of choking, bleeding and various medical and environmental emergencies. This class fulfills the first aid scouting badge requirement.

CPR 4 KIDS

This non-certified class teaches basic adult/child/infant CPR skills and how to aid a choking victim. This class is targeted for ages 9 to 15. No test is required.

Weight Management, Nutrition & Exercise

AQUATIC EXERCISE

Eight-week sessions, either two or three-days per week, designed for individuals with special needs such as arthritis, fibromyalgia, joint problems, etc. Includes flexibility, range of motion and strength activities.

HEALTHY WEIGH - WEIGHT MANAGEMENT PROGRAM

Meet one-on-one with a registered dietitian to discuss personal eating habits, develop goals and establish a plan for managing weight.

RESHAPE YOUR DIET: MANAGING HIGH BLOOD PRESSURE

Attend a class to learn about low sodium foods, what recent research has shown about lifestyle and what other food choices can help. Taught by a Registered Dietitian, this class will guide you to choose foods and make meal plans the whole family will enjoy.

RESHAPE YOUR DIET: SMALL CHANGES FOR A NEW YOU

Join a Registered Dietitian and learn to become more aware of your food choices and to make mindful eating decisions. Utilize non-intrusive behavior modifications for a lasting change. Find a new way to a new, healthier you!

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FREE JOINT PAIN SEMINARS

Joint pain affects millions of people but advances in minimally invasive procedures promise faster recoveries, so you can get back to living life at your own pace.

From small incision arthroscopic joint procedures, to partial and full joint replacements, there are many surgical options to treat joint disease and injuries. Many procedures are performed on an outpatient basis, so patients can return home within a few hours of surgery. Advances in joint replacement surgery have led to smaller incisions, shorter hospital stays and faster recoveries. Want to learn more? Attend one of the upcoming free joint pain seminars listed below, New Options for Treating Joint Pain or Advances in Treating Shoulder Pain and Injuries, sponsored by Olathe Medical Center and Miami County Medical Center.

Space is limited and reservations are required. Visit olathehealth.org or call 913-791-4311 to reserve your seat. A free boxed dinner will be served.

NEW OPTIONS FOR TREATING JOINT PAIN

Tuesday, April 28

6:30 p.m. - 7:30 p.m.

Evergreen Events

Paola, KS

Featured Speaker: Dr. E.J. Wilkinson from Kansas Orthopedic Specialists



ADVANCES IN TREATING SHOULDER PAIN AND INJURIES

Tuesday, May 5

6:30 p.m. - 7:30 p.m.

Olathe Medical Center

Olathe, KS

Featured Speaker: Dr. Gregory P. Lynch from Johnson County Orthopedics



Support Groups

Learning to deal with the loss of a loved one or coping with illness can present challenges to every day life. Olathe Health System support groups provide an outlet for individuals seeking help, encouragement and companionship. Support groups are available for obesity/bariatric surgery, grief and loss, breastfeeding, cancer, cardiac/pulmonary disease, diabetes, lymphedema, pregnancy and infant loss, sleep disorders and stroke support.