

# GET Healthy

July - September 2015

Between Health & Life: Norton

*Moved*  
to give back



Hormone therapy  
for menopause

Finding the right  
fitness shoe

40 and facing hip  
replacement

How to be  
positively unshakable



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# CONTENTS

July - September 2015

Serving up summer vegetables.....	1
<b>Women's Wellness</b>	<b>2</b>
Hormone replacement therapy.....	
<b>Health Style</b>	<b>4</b>
Could you walk a mile in your shoes?.....	
<b>Featured Physician</b>	<b>6</b>
Geeta Ganesh, M.D. ....	
<b>New faces with Norton Medical Group</b> .....	<b>7</b>
<b>40 and facing hip replacement</b> .....	<b>8</b>
<b>Childbearing Years</b>	<b>10</b>
Making breastfeeding possible no matter ..	
<b>Kids' Safety</b>	<b>12</b>
Avoiding injuries over the summer.....	
<b>Senior Health</b>	<b>13</b>
When is it time to have your heart checked?.....	
<b>How to live an amazing life with Parkinson's</b> .....	<b>14</b>
<b>Philanthropy</b>	<b>16</b>
Moved to give back to cancer center.....	
<b>Classes and events calendar</b> .....	<b>18</b>

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Stephanie Hardin photo

## The raw truth about cooking with summer vegetables

**Hint: You don't have to cook!**

It's finally summer! Have you been longing for the crisp snap of a fresh cucumber or a refreshing bite of a just-picked tomato? Make the most of the growing season without having to heat up your kitchen by creating meals with fresh vegetables that require no (or very little) stove or oven time.

It's simpler than you think: Throw any combination of your favorite raw veggies into a bowl with some olive oil, balsamic vinegar, salt and pepper, and you'll never go wrong. For a more filling meal, add protein, such as pecans or almonds, chickpeas or canned tuna. Top it with a little Parmesan or Gorgonzola cheese.

With minimal cooking time, step it up by adding some pasta, rice or grilled meat. On nights when you do cook, consider making extra for use later in the week. Any type of meat, pasta, rice and even cooked veggies do well as a cold dish.

Try this recipe that takes advantage of summer's abundance of zucchini, tomatoes and herbs without turning on the stove.

### Zucchini linguine

- 3 ounces fresh mushrooms (shiitake work great, or your favorite)\*
  - 1/3 cup olive oil
  - 2 tablespoons lemon juice
  - 1 bunch green onion, thinly sliced; divide white part from green part
  - Handful yellow or red grape tomatoes, halved
  - 1/2 teaspoon kosher salt
  - 1/2 teaspoon pepper
  - 3 medium zucchini
  - 3 tablespoons chopped fresh basil
  - 3 tablespoons chopped fresh parsley
  - 1/3 cup chopped toasted, salted pecans
  - Fresh Parmesan cheese
- \*Substitute with grilled eggplant or shrimp if you feel like firing up the grill*

Cut stems from mushrooms and slice mushrooms thinly. Whisk together olive oil, lemon juice, salt and pepper. Stir in mushrooms, white parts of onion and tomatoes. Let stand 10 minutes. Meanwhile, cut zucchini lengthwise into 1/8- to 1/4-inch-thick slices. Stack two or three slices at a time on a cutting board and cut lengthwise into thin strips (similar to linguine). Toss zucchini in olive oil mixture. Let stand 20 minutes, stirring occasionally. Fold in the remaining onion, basil and parsley. Transfer to a serving platter; sprinkle with pecans and cheese. Serve immediately.

### Did you know?

If you have more fresh herbs than you can use, freeze them for use later. Remove the leaves from the stems and spread on a baking sheet, then place in the freezer. Once the leaves are frozen, transfer them to a freezer bag and remove just the amount you need next time you are cooking.

—Jennifer Reynolds



Find more tasty seasonal recipes at [NortonGetHealthy.com](http://NortonGetHealthy.com).

# The ABCs of HRT

## Finding safe solutions for menopause symptoms

**M**enopause signals the end of a woman's reproductive years. Estrogen and progesterone levels drop, menstruation ceases and the chance of pregnancy disappears. Many women find this time in their lives carefree and enjoyable. Some experience uncomfortable and even stressful symptoms, including hot flashes, night sweats, sleeplessness, anxiety and a marked dip in energy.

Experiencing any of these should prompt a visit to a primary care physician or gynecologist. Often, minor lifestyle adjustments can alleviate the discomfort. However, some women find symptoms so severe they seek relief through other means, such as hormone replacement therapy (HRT) spas and treatment centers. They offer the promise of relief, but may deliver medications and therapies outside of the parameters considered safe by the Food and Drug Administration (FDA).

Many of these centers offer more than ways to relieve symptoms associated with menopause. Frequently women experience upselling — being offered cosmetic products that promise better skin

and weight loss. When choosing to visit one of these businesses, women must take care to ensure that treatment will be safe and delivered by a medical professional.

Leigh S. Walsh, M.D., OB/GYN, cautions those seeking relief to speak with their primary care provider or OB/GYN first and be proactive in making sure that treatments they are offered are federally regulated.

"With hormones, women have to be really careful because a lot of the preparations are not regulated by the FDA," Dr. Walsh said. "You just don't know what you're getting. Women really need to talk to their doctors about safety and stick to therapies that are regulated."

For some women, hormone replacement is a viable, even beneficial, option — but not for all. The Women's Health Initiative, a long-term national health study of more than 160,000 women, found that only a specific group of women benefit from hormone therapy, barring any external factors that could put them at risk.

"There is a benefit for women between age 50 and 59 who don't have certain other medical conditions. It is different than what we once thought," Dr. Walsh said.

The biggest advantage of using hormone replacement in this select group was found to be the prevention of osteoporosis. Women in estrogen-only replacement trials also experienced minor reductions in risk for breast cancer and heart disease.

For women visiting HRT spas, their age and health factors may not be taken into consideration, which could be detrimental. For instance, some spas offer HRT in the form of a pellet that is placed under the skin for up to six months.

Dr. Walsh cautions, "I've had patients talk to me about the hormone pellet and tell me positive things, but again, those pellets are not formed in preparations that are regulated, so you really can't tell how much hormone you're getting. It's a safety issue. There is not a pellet that is regulated by the FDA that I'm aware of."

Also, according to Dr. Walsh, you can't always trust the packaging of many unregulated HRT preparations.

"It has been found that the level of hormone printed on the packaging is not the level of hormone found in the patient's bloodstream," she said.

For women entering menopause and seeking relief, it is always best to start by talking with their primary care provider or OB/GYN. One symptom that is especially worrying is heavy bleeding after confirmed menopause. It should be evaluated, as it can be a symptom of a more serious issue.

Most of all, women experiencing uncomfortable menopause symptoms should not be discouraged. Solutions are available.

"These days the great thing is that there are so many options," Dr. Walsh said. "There are gels, creams, sprays, hormone and non-hormone replacement therapy."

—Erica Rucker



**About our physician**  
Leigh S. Walsh, M.D., sees patients at Norton Women's Specialists – Gynecology, Norton Medical Plaza 3 – St. Matthews, Suite 503, 4123 Dutchmans Lane, Louisville, KY 40207; (502) 259-3250

**Potential benefits**

- Fewer hot flashes
- Fewer night sweats
- Improved mood
- Less vaginal dryness
- May help with urine leakage

**Possible drawbacks**

- May increase risk for breast cancer
- May increase risk for heart disease

**Types of HRT**

- Creams and gels
- Skin patches
- Sprays
- Pills
- Internal rings



[LearnMore@](#)

Want to know if HRT is right for you? Come to a free class! To register, call (502) 309-2041.



**The ABCs of HRT**  
Monday, Aug. 31 • 6 to 7:30 p.m.  
Marshall Women's Health & Education Center



## Why it's all about proper fit

**H**ave you ever walked into a store looking for a new pair of fitness shoes and felt confused by all the options? Do you choose the best-looking? The cheapest? If you want the right shoe for your fitness needs, it is important to find a fit that is specific for your foot type.

The first step in purchasing a new pair of fitness shoes is having an experienced person measure your foot. You're unlikely to find that person in a department store or box store. You'll need to go to a store that specializes in fitness shoes. The consultant will use a Brannock device — those metal plates with the sliders that you've probably seen before — to assist you in determining your shoe size, width and arch type. As you get older, your feet get wider, so it's important to get measured each time you purchase shoes. Shoe shopping at the end of the day is a good idea, too.

"Go at the right time of day when your feet are the biggest," said Philip O. Dripchak, M.D., an orthopaedist who specializes in foot and ankle care. "Try not to go shoe shopping in the morning, because your shoes will not fit your feet the same as they would after a full day of being active."

You may have a high arch or flat foot, and it's critical that you find a shoe that will complement your foot's shape. This will determine whether you need *control*, *support* or *guidance*. *Control* provides the ultimate stability for overpronators, people whose feet roll inward when walking. *Support* allows balance with added stability for moderate overpronators or underpronators. *Guidance* provides minimal support for those with normal pronation. You may also have a neutral foot type, for which support might not

be essential but superior cushioning is. Once you determine your foot type, you can narrow down your choice of brand, model or style that will be best for you.

Your shoe consultant also should know where you will do your fitness activities. Will you be walking or running on a track, road, trail or treadmill? Are you working out in your home or at a gym? Answering these questions helps to determine how much pressure or impact you will be putting on the exterior wear of the shoe.

Not all brands are the same, despite their similarities.

"Stick with brands you've had success with in the past," Dr. Dripchak said. "Each brand is made differently and may not necessarily fit your foot the same."

Most brands offer shoes for specific physical activities, such as trail, competition, track running, walking or cross-training. Each model has its own technology and special features to optimize pressure distribution from the heel to the forefoot, as well as adaptive cushioning and responsiveness to allow a smooth heel-to-toe transition when running or walking.

Sound like a lot to consider? It's worth it in the long run. Proper fit is imperative for avoiding discomfort from wearing the wrong shoe.

"It's important to wear properly fitting fitness shoes, because otherwise you could experience pain, blisters, wounds and fatigue," Dr. Dripchak said. "When your feet bother you, everything seems to bother you."

If you wear the wrong shoes, you may not notice at first, but eventually your body will let you know through aches and pains through the legs and sometimes the back.



# Could you walk a mile in your shoes?



Jolea Brown photo

"It is a domino of events. You may notice your feet hurt immediately, but otherwise you may feel no immediate pain until it becomes worse," Dr. Dripchak said.

Making the decision to become physically active is a big commitment, and if you are a beginner it can be intimidating. But with a good pair of fitness shoes you're on the right path to a healthy lifestyle.

— Alexis Messmer



*About our physician*  
Philip O. Dripchak, M.D., sees patients at Norton Orthopaedic Specialists – Foot and Ankle, 8033 Dixie Highway, Louisville, KY 40258; (502) 449-6448

### Lace Up for the Get Healthy Walking Club Expo at the Louisville Zoo



Saturday, July 11 • 9 a.m. to noon  
Louisville Zoo • 1100 Trevilian Way

Bring your family for some fun as you learn ways to get healthy and stay healthy! The day will include free health screenings, guided walk through the zoo, games for children and adults, animal show-and-tell and more.

Free for Get Healthy Walking Club members and their children. Registration is required. To register for the expo or join the walking club, visit [NortonHealthcare.com/WalkingClub](http://NortonHealthcare.com/WalkingClub) or call (502) 309-2029.



Geeta A. Ganesh, M.D.

## For MS specialist, patients are the star



Tom LeGoff photo

Geeta A. Ganesh, M.D.

Geeta A. Ganesh, M.D., neurologist and multiple sclerosis (MS) specialist with Norton Neurology Services, is part of a team of professionals caring for patients living with multiple sclerosis and other neurological conditions. Dr. Ganesh comes to Norton Healthcare from Atlanta, where she earned her medical degree at Emory University School of Medicine. Get to know her a little better.

### What brought you to the study and practice of neurology?

During my medical school training, my neurology and neuroscience instructors were excellent teachers. They made learning exciting and made me want to be a neurologist.

### How did you come to Norton Healthcare?

During my MS fellowship, I worked at a comprehensive care center. In addition to physician care, the center offered other services — social and financial services, counseling and education. When I toured Norton Healthcare, I was impressed with the services and research. Norton Neuroscience Institute Resource Center was a huge draw. There were so many people focused on taking care of MS patients and several active clinical trials. I have enjoyed being a part of Norton Healthcare’s team approach to MS services.

### What do you enjoy about Louisville?

My husband and I enjoy how family-friendly Louisville is. We love taking our son to parks, exploring new areas and going to festivals.

### What do you do in your time off?

When I have time off, I like to travel with my family. Traveling along scenic country roads is very relaxing.

### Any hidden talent or unknown facts about you?

I’ve always thought that in another life I was an astronomer. I love stargazing and the myths behind constellations. I had a chance to see the Leonid meteor shower on a mountaintop in college and it was breathtaking. I think it would be really neat to work in a planetarium.

### What has been your greatest or most rewarding experience as a physician?

Patient education is the most rewarding. Few patients come prepared to their first visit with an MS specialist. Many are scared and fear the worst. I like to empower my patients with knowledge and make sure that they leave with many of their questions answered.

—Erica Rucker

### Geeta A. Ganesh, M.D.

**Medical degree:** Emory University School of Medicine, Atlanta, Georgia

**Residency:** Emory University School of Medicine, Atlanta, Georgia

**Fellowship:** Atlanta VA Medical Center, Decatur, Georgia

**Board certification:** Neurology

**Office location:** Norton Neurology Services, Norton Medical Plaza 2 – St. Matthews, Suite 310, 3991 Dutchmans Lane, Louisville, KY 40207; (502) 309-2239

## New faces with Norton Medical Group



### Aisha Ali, M.D.

**Pediatrician**  
Kosair Children’s Hospital Medical Associates – Tyler Retail Village

Dr. Ali provides a full range of pediatric services at Kosair Children’s Hospital Medical Associates – Tyler Retail Village at 12615 Taylorsville Road, Suite A. To request an appointment, call (502) 261-1595.



### Swapna A. Dharashivkar Deo, M.D.

**Endocrinology**  
Norton Community Medical Associates – Endocrinology

Dr. Dharashivkar Deo provides care for patients with metabolic and endocrine conditions at two Norton Community Medical Associates – Endocrinology locations: On the Norton Audubon Hospital campus in Norton Medical Plaza West – Audubon, Suite 301, 2355 Poplar Level Road; and on the Norton Brownsboro Hospital campus in Norton Medical Plaza II – Brownsboro, Suite 420, 9880 Angies Way. To request an appointment at either location, call (502) 636-0406.



### David T. Schulz, D.O.

**Occupational Medicine**  
Norton Occupational Medicine

Dr. Schulz provides care for patients who have been injured on the job or need employment-related health services. He sees patients at Norton Immediate Care Center – Shepherdsville, 438 Adam Shepherd Parkway, Suite 2, Shepherdsville, Kentucky. For more information, call (502) 957-6434.



### Lesa S. Sutton-Davis, M.D.

**Pediatrician**  
Kosair Children’s Hospital Medical Associates – Fairdale

Dr. Sutton-Davis provides a full range of pediatric services at Kosair Children’s Hospital Medical Associates – Fairdale, 189 Outer Loop, Suite 2. To request an appointment, call (502) 379-8870.



### Jonathan W. Weeks, M.D.

**Maternal-Fetal Medicine**  
Kosair Children’s Hospital Maternal-Fetal Medicine Specialists – St. Matthews

Dr. Weeks provides care for women with high-risk pregnancies, such as those carrying multiples or who have underlying health conditions. He sees patients at the Kosair Children’s Hospital Maternal-Fetal Medicine Specialists location on the Norton Healthcare – St. Matthews campus in Norton Medical Plaza 3 – St. Matthews, Suite 515, 4123 Dutchmans Lane. Patients need a referral from their OB/GYN. For more information about maternal-fetal medicine services, call (502) 899-6900.

- Advanced practice providers
- **Ashley B. Beck, APRN** – Kosair Children’s Hospital Neonatal Specialists
- **Linda Buchert, APRN** – Norton Community Medical Associates – Dixie
- **Mallory Buckosh, PA-C** – Children’s Orthopaedics of Louisville
- **Kevin D. Campbell, APRN** – Norton Community Medical Associates – Pewee Valley
- **Kimberly S. Doan, APRN** – Norton Inpatient Specialists
- **Sarah Franklin, APRN** – Norton Inpatient Care Specialists
- **Tracey Gaslin, APRN** – Norton Occupational Medicine
- **Rebecca Griffin, APRN** – Norton House Calls
- **Kelly Guest, APRN** – Norton Community Medical Associates – Fairdale
- **Ashley Knable, APRN** – Norton Neurology Services
- **Kelli A. Logsdon, APRN** – Norton Heart Specialists
- **Carolyn Moore, PA-C** – Norton Cardiothoracic Surgery
- **Kyle Nauert, APRN** – Norton Cardiothoracic Surgery
- **Elise Puffer, APRN** – Norton Community Medical Associates – Lakeview
- **Alison E. Solley, APRN** – Norton Community Medical Associates – Lakeview
- **Michele D. Walden, APRN** – Norton Women’s Counseling Services
- **Vivian L. Whitehead, APRN** – Norton Community Medical Associates – Dutchmans
- **Laura Wortham, APRN** – Kosair Children’s Hospital Neonatal Specialists

For more information on these physicians and more, visit [MyNortonDoctor.com](http://MyNortonDoctor.com).



# 40 and facing hip replacement

Steven Clark video capture



Price Cooper of Louisville, Kentucky

Mention hip replacement surgery to just about anyone and they probably think of their dear old grandmother with osteoporosis. Surely hip replacement isn't something young, active, healthy people need to think about. Or is it?

Price Cooper is an athletic 43-year-old who enjoys staying fit by playing tennis, jogging and riding his bike. When he was in his late 30s, he began experiencing pain in his hip. He tried physical therapy, acupuncture and steroid injections — until the pain got to be too much.

"The tipping point was when it came down to me just not sleeping," Cooper said. "I can deal with pain and discomfort, but when I could not consistently get a good night's rest, I said I've got to do something about this."

It's not entirely common for younger people to develop such severe arthritis, but arthritis usually begins to develop in the 40s. If a person has sustained an injury or had years of wear and tear on a joint from sports or other activities, having serious pain at Cooper's age is expected.

After seeing an orthopaedic surgeon who specializes in hip and pelvic conditions, Cooper was faced with weighing short-term options to stave off the pain or a permanent solution, which was hip replacement surgery.

"Nonsurgical treatment is always the first step," said Jonathan Yerasimides, M.D., Cooper's orthopaedic surgeon. "A high percentage of patients will get real relief from simple things like anti-inflammatory medications, therapy, cortisone injections and activity modification. Sometimes these things can take people

6 to 12 months, sometimes one to two years, before their symptoms come back and are severe enough that they'll want to undergo hip replacement surgery."

For Cooper, getting back to his high level of activity was goal No. 1, and according to Dr. Yerasimides, that's very doable.

"For older patients who are less active, getting back quality of life is very simple," Dr. Yerasimides said. "For patients like Price, it's a bit more challenging. But that doesn't mean you can't get back that active lifestyle. It just takes a little more work."

Today, there are different surgical techniques to speed recovery and healing. Dr. Yerasimides specializes in anterior hip replacement surgery, which is what Cooper underwent. The incision is in the front of the hip, where the joint is closer to the skin and covered by a thinner layer of muscle.

## What's recovery like?

According to Dr. Yerasimides, patients should be able to get back to a low level of activity within four to six weeks, including using a stationary bike, walking 1 to 2 miles continuously and even playing golf. Higher levels of activity, like Cooper was used to, require a little more therapy and strengthening. And that usually takes 3 to 6 months.

Cooper said those considering surgery will face some ups and downs along the way, but the end result is well worth it.

"If surgery is inevitable, don't put it off," Cooper said. "Study it, get comfortable with it, know what you're up against, but then go ahead and get it done."

—Jennifer Reynolds

LearnMore@

Hear more from Price Cooper on what recovery is like and how to get back to an active lifestyle at [NortonHealthcare.com/Joint](http://NortonHealthcare.com/Joint).



### About our physician

Jonathan Yerasimides, M.D., sees patients at Norton Orthopaedic Specialists – Brownsboro, Norton Medical Plaza II – Brownsboro, Suite 250, 9880 Angies Way, Louisville, KY 40241; (502) 394-6341

## Where do you stand with knee or hip pain?

Want to know if knee or hip replacement surgery may be in your future? Take a 5-minute online risk assessment to learn where you stand at [NortonHealthcare.com/Risk-Assessments](http://NortonHealthcare.com/Risk-Assessments).



# Making breastfeeding possible — *no matter what*

For new moms like Kristin Hays, breastfeeding is the preferred choice for feeding their babies. Sometimes an unexpected turn of events can derail a mom's plans, but with a little education and support, breastfeeding is possible during most adverse situations.

Hays is mother to Kensley, who was born at just 25 weeks in November 2014 — nearly four months premature. Kensley was admitted to the neonatal intensive care unit (NICU) at Norton Women's and Kosair Children's Hospital in St. Matthews. Her low birth weight and premature status meant she wouldn't be able to breastfeed and would have to rely heavily on formula, which wasn't part of Kristin's birth plan.

"I knew breastfeeding was the best thing for her and would give her the nutrients and antibodies she needed," Kristin said. "I had looked forward to providing that for her."

Kristin also had looked forward to bonding with her baby through breastfeeding and was disappointed when she wasn't able to have that experience.

After Kensley was born, Krista Janes, lactation consultant in the NICU, helped Kristin navigate her new breastfeeding plan to meet her and her baby's needs. Although she was unable to breastfeed Kensley for the first several months of her life, Kristin was able to pump her breast milk and cut down on how much formula Kensley received. This way, Kensley could still benefit from the natural nutrients and antibodies in her mother's milk.



Kristin and Kensley Hays of Louisville, Kentucky

Kristin credits the support she received from Janes and other hospital staff for helping to calm her and allow her to focus on her daughter's needs.

Breastfeeding is the infant feeding method preferred by health care experts, including the American Academy of Pediatrics, American Medical Association, American Dietetic Association and the World Health Organization. However, a new mom may have difficulty breastfeeding for many reasons, including a premature birth, other health issues for the baby or mother, comfort levels and even work schedules.

That is why it's important for new moms to have access to lactation consultants who can help break down barriers to breastfeeding.

"Our role is to ensure every mother is supported to make a fully informed feeding choice," Janes said. "Lactation consultants provide comprehensive breastfeeding management to patients, collaborate with the health care team and refer mothers to community support services."

Janes was on call to answer Kristin's questions while she was at Norton Women's and Kosair Children's Hospital and was just a phone call away after Kristin and Kensley went home. Kristin said having that support system gave her peace of mind.

"[Breastfeeding] has been a bumpy road but well worth the journey," Kristin said.

—Tracy Keller

## LearnMore@

Norton Healthcare Lactation Centers and Services offer inpatient and outpatient breastfeeding assistance, including:

- Individual counseling
- Assistance with infant positioning
- Planning for mother's return to work
- Follow-up for poor weight gain in infants
- Help with feeding plans

For more information, visit [NortonHealthcare.com/Breastfeeding](https://www.nortonhealthcare.com/Breastfeeding) or call the Lactation Help Line at (502) 446-MOMS.

## Baby Bistro & Boutique opening in St. Matthews

Moms and their families can find everything they need for breastfeeding once they're heading home from the hospital at the new Baby Bistro & Boutique. Opening this summer, the shop is located on the Norton Healthcare - St. Matthews campus, just steps away from Norton Women's and Kosair Children's Hospital.

Baby Bistro & Boutique offers one-stop shopping convenience for breast pumps and parts, breastfeeding bras, Boppy pillows and many other items that make life easier for breastfeeding moms. Staff can answer questions and educate new moms on how to properly use the equipment.

The Baby Bistro & Boutique is open Monday through Friday, 8 a.m. to 4 p.m. For more information, call the boutique at (502) 899-6530.

Nick Bonura photo



# Don't let summertime turn into **TRAUMA TIME**

Summer is an adventurous time for kids, but those adventures can sometimes expose them to potentially dangerous situations. Erika G. Janes, R.N., child advocate and coordinator of Safe Kids Louisville, led by Kosair Children's Hospital, offers tips on avoiding the five most dangerous summer hazards.



## Falls

Most injuries in children are caused by falls. Everything from accidents on playground equipment, playing sports and climbing trees can lead to falls. Make sure children use outdoor equipment properly and play with children of similar ages and abilities. Playgrounds with mulch or rubber ground are best for protecting children when they fall.

## Wheeled sports



Whether it's a bicycle, skateboard or skates, if your child is using anything with wheels, he or she should wear a properly fitted helmet. Correctly worn helmets reduce the risk of brain injuries by 88 percent.



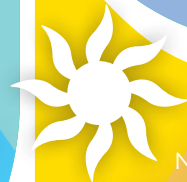
## Water activities

Never take your eyes off children near water and always keep very young children within a hand's reach. Swimming pools, lakes, rivers, ocean beaches and even bathtubs have the potential to be deadly. When visiting open waters, make sure kids always wear a Coast Guard-approved life jacket. Swimming lessons are recommended for all children.



## Pedestrian safety

When teaching your child about pedestrian safety, it's important that they always cross streets at corners and face traffic when walking. If they're walking early in the morning or after dusk, they should wear light-colored or reflective clothing. Children younger than age 10 should always cross the street with an adult. Their depth perception is still developing and they cannot properly judge a car's distance or speed. Make sure children understand that distracted walking is as dangerous as distracted driving. Teach them to put away electronic devices while walking so they can hear and pay attention to traffic.



## Heat

Never leave children alone in a car (the same goes for pets and others who cannot exit on their own). A car heats up 19 degrees every 10 minutes, even if the windows are down! If you see someone stuck in a car, call 911 for help. Also, kids playing outside or competing in sports in the heat are at risk for heat-related illness. Drinking water is critical before, during and after all outdoor activities. Watch for signs of heat exhaustion: dizziness, nausea, cramps and confusion. If your child experiences any of these symptoms, move to a cool area immediately. If symptoms worsen, call 911.

[LearnMore@](#)

For an expanded list of summer hazards and more information on staying safe, visit [NortonGetHealthy.com/Summer-Hazards](http://NortonGetHealthy.com/Summer-Hazards).

—Lynne Choate

## Skipping a beat

### When is it time to have your heart checked?

Sixty-two-year-old Mark Bird was at home, sick with a cold, when he noticed his heart started racing immediately after taking an antibiotic. For anyone who has not experienced a sudden change in heart rhythm, this can be quite scary.

"I thought, 'This is beyond racing. I can't even distinguish a beat,'" he said.

It happened again about five years later, when he was again sick with a cold. That's when he knew it was time to find out what was causing it.

Bird was diagnosed with atrial fibrillation (A-fib), a heart rhythm disorder that affects nearly 5 million people in the U.S. It happens when the top two chambers of the heart start beating erratically, according to Kent E. Morris, M.D., electrophysiologist. It can cause blood flow to stagnate in the heart, which puts the person at risk for stroke.

An avid painter who travels the world to capture beautiful scenery on canvas, Bird was active and in good health when he learned he had A-fib, but he knew he had to do something about it. Left untreated, A-fib can lead to blood clots, heart failure and stroke.

His cardiologist told him about catheter ablation, a minimally invasive procedure that stops A-fib and improves quality of life for many people.

"It involves placing a catheter in the vein in the leg up to the heart and cauterizing areas in the left side of the heart, where atrial fibrillation comes from — to prevent the A-fib from coming back," Dr. Morris said.

When faced with the prospect of surgery, Bird was hesitant at first.

"It was a little unnerving to think about taking a person who is otherwise feeling fine and push them off a cliff, only to save them before they hit the bottom — that's how I felt," he said.

Bird tried medication before considering the ablation procedure, but in his case surgery was the best option.

"Most people will try medications first," Dr. Morris said. "Some people do well on them for a period of time, but if risk factors aren't treated or the A-fib progresses to the point where medication is no longer effective, then it's time to consider ablation."

Bird advises others not to put off the procedure.

"You owe it to yourself to go through this procedure," he said. "It can mean the difference between hiding from your life and living your life."

—Jennifer Reynolds



Mark Bird of Louisville, Kentucky

[LearnMore@](#)

### Tell us what you wish you would have known ...

Is there something you wish you would have known about A-fib or your heart before you were diagnosed? We would love to hear from you! Share your message on Norton Healthcare's Facebook page or on Twitter @Norton\_Health #IWishIWouldHaveKnown.



*About our physician*  
Kent E. Morris, M.D., sees patients at the Norton Heart Rhythm Center in The Springs Medical Center, Suite 200, 6420 Dutchmans Parkway, Louisville, KY 40205; (502) 891-8400



John Baumann, a Louisvillian who now lives in Florida, was diagnosed with Parkinson's disease at age 34. Now, two decades later, he shares his story of how to live a life full of purpose despite Parkinson's — or whatever life may throw your way.

I have Parkinson's disease; it does *not* have me. These are not just words. They are my life's mission. I will continue to do all the things I have always done as well as I can, for as long as I can and, along the way, help as many people as possible.

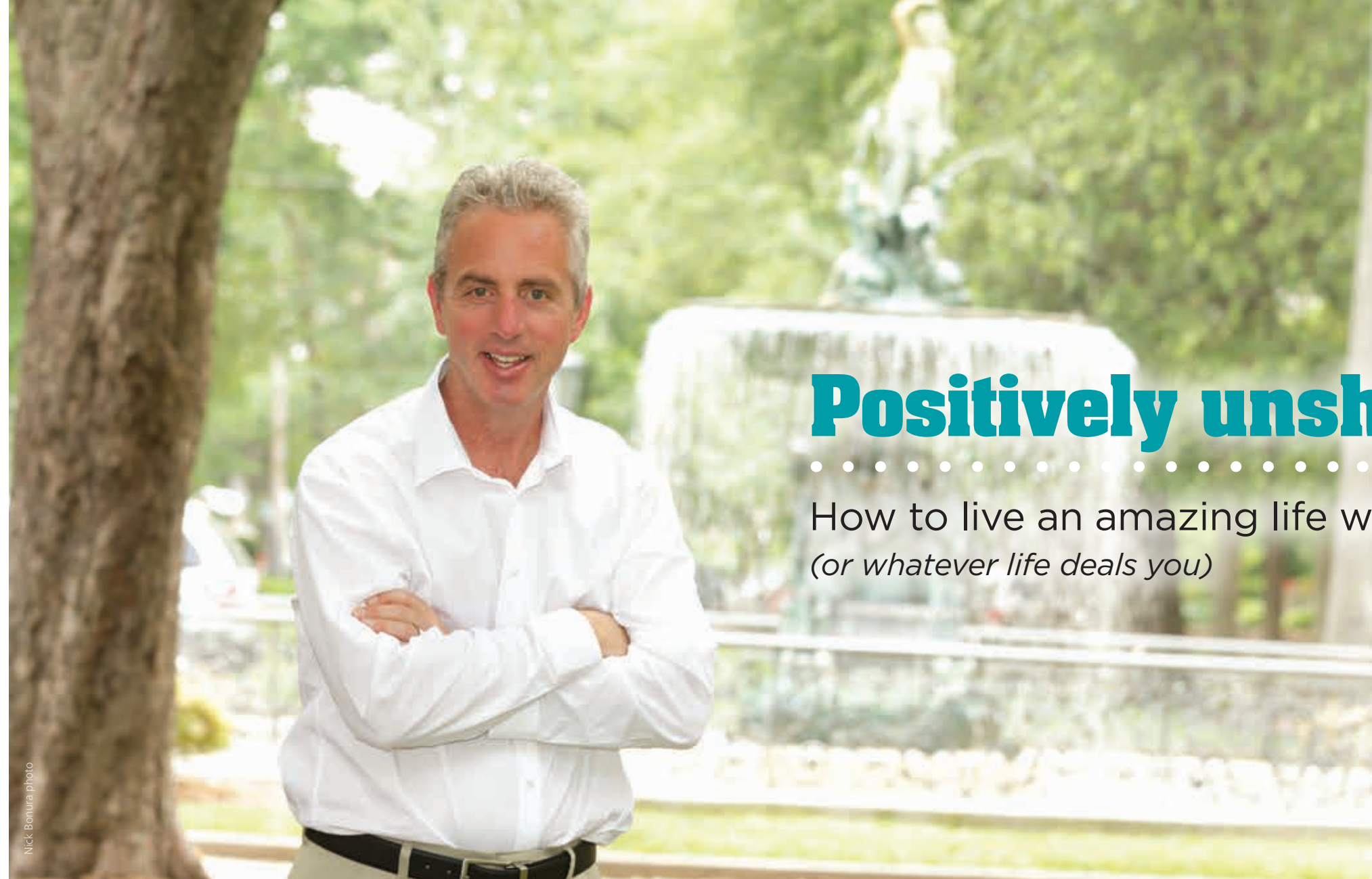
Some set a goal to live well with Parkinson's. I say don't settle for just living well. Instead, choose to live an amazing life with Parkinson's or, for that matter, any other life-changing condition that any of us may experience during our lives.

How is that possible? It means doing whatever it takes to slow this disease or any other, including:

1. Putting only healthy things into your body
2. Exercising every day beyond your comfort zone
3. Maintaining a positive attitude and being "engaged" in your life

These things are not always easy to do. In fact, they often are very hard, but you *have* to do them. This is your new job — it's not one that you applied for or sought out, but it's one that you obtained just the same. This life is not a dress rehearsal. It is the live production. Each of us has the power and strength within us, if we dig deep enough. Dig deep.

First, educate yourself about what foods you are putting into your body. Then schedule what you will be eating and when for each day of the week.



Nick Bonura photo

John Baumann

Second, schedule your exercise plan for the week. Perform daily exercises that include stretching, sweating and strengthening beyond your comfort zone. I recommend hot yoga, deep tissue massage and strength training.

Third, be positive. Spend time with positive people, read inspirational information and watch uplifting programs. I have focused on the "silver lining" and not the dark cloud that is Parkinson's. I have worked through, and am still working through, the emotional

rollercoaster of denial, disbelief, shock, embarrassment, anger, sadness, disappointment and depression. I have not just accepted Parkinson's in my life but have actually embraced it. Consider being more engaged by volunteering with charitable organizations, joining support groups or finding other ways to help others.

I am a different person than I was before Parkinson's. Some have said I'm a kinder, gentler John Baumann. I see things that I had never noticed before concerning

# Positively unshakable

How to live an amazing life with Parkinson's  
(or whatever life deals you)

## A Conversation With John Baumann

Hear more of John's inspirational message on Tuesday, Sept. 22, 6 to 8 p.m., at Mellwood Art & Entertainment Center as he shares his secrets to embracing adversity, whether it's Parkinson's, another chronic health condition or anything that affects your quality of life. You have the power to reclaim control, find your purpose and have an amazing life. To register, call **(502) 309-2117**.

what really matters in life. I am not as interested in material things. I have a whole new set of friends in the Parkinson's, yoga and fitness communities that I have bonded with due to our common issues and passions. I feel like I am making a difference. My life has purpose and I am focused on leaving a legacy.

In addition, I am more physically fit than I have ever been in my life. I have lost those 40 pounds that I knew I needed to lose, but never even tried. My bad cholesterol level is down from 180 (very high)

to 105 (normal). You would not know it by looking at me (at least most of the time) that I have this degenerative, progressive, irreversible, incurable neurological disease.

Finally, and most important, during my journey with Parkinson's I met and married my love, my chef, my workout partner, my friend, my sidekick, my wife, my Bernadette. I truly am living an amazing life with Parkinson's. So can you.

—John Baumann





# Moved to give back

## Bike to Beat Cancer rider shares why he rides

For Nathan Rome, biking is more than a form of exercise, a way to enjoy nature or a mode of transportation. After his wife began cancer treatment, it became a way to give back.

Shannan Rome, Nathan's wife, was diagnosed with an aggressive form of non-Hodgkin lymphoma in December 2012. She was referred to an oncologist at Norton Cancer Institute to begin immediate treatment.

"She went from being completely asymptomatic to an oncological emergency in a very short period of time," Nathan said.



Nathan and Shannan Rome

As Shannan was in the process of being diagnosed, she began to suffer the effects of superior vena cava syndrome, an obstruction in a major vein to the heart that can occur in cancer patients. It causes a variety of side effects, such as shortness of breath and swelling in the upper body or arms, and is a medical emergency that requires immediate

care. Shannan was hospitalized and her medical team worked quickly to confirm her diagnosis so that she could receive her first round of chemotherapy in the hospital. It was during these stressful few days that Nathan decided he needed to do something to help fight cancer. He turned to Shannan's best friend, Jen Miklavcic, and told her he would participate in the Bike to Beat Cancer the following September.

Nathan had picked up biking for exercise just months before his wife's diagnosis. He joined Miklavcic and her team on training rides and began to learn about biking for a cause. He was moved by their dedication and support for those battling such a devastating disease, but didn't yet know how close to home that would hit.

"When the news of Shannan's condition came and she began receiving what has truly been excellent care at Norton, there was really no decision to be made. It was something I had to do," Nathan said.

He participated in his first Bike to Beat Cancer in 2013, where he completed his first century ride of 100 miles. He returned in 2014 to complete the same distance. This year, he will return with a continued goal to raise more funds and awareness.

Riding his bicycle has allowed Nathan to pursue hobbies in a philanthropic way. He recently created a calendar with photos captured while riding his bike around his hometown of Frankfort, Kentucky, where he lives with Shannan and their children, Ben and Leah. The calendar was sold to raise funds for cancer research. He is also on the board of WalkBike Frankfort, an organization that strives to make the community more pedestrian- and cyclist-friendly.

While he usually enjoys recreational cycling and biking as a mode of transportation, Nathan participates in organized rides in order to give back. His biggest motivation is Shannan.

"I remind myself that while riding 100 miles is both physically and mentally challenging, it's nothing compared to what a cancer patient endures," Nathan said.

The amount of support the Romes have received from their community, family and friends, in addition to the care they received from Norton Cancer Institute, has given Nathan a deep sense of gratitude.

"It makes you realize that you can do more for others and inspires you to pay it forward," he said.

—Krissy Raque

### DON'T MISS THE 2015 BIKE TO BEAT CANCER

You still have time to register for the Bike to Beat Cancer, Sept. 19 beginning and ending at Kosair Children's Medical Center – Brownsboro. Join hundreds of others like Nathan Rome who are biking for a cause close to their heart.

Participants can choose from four distance options: 35, 65 or 100 miles or a 5-mile Family Ride. If you aren't a biker but want to get involved, consider becoming a volunteer. Whatever you do, you are helping those battling cancer.

Your support will help provide access to critical cancer prevention initiatives, clinical trials and survivorship programs at Norton Cancer Institute, as well as programs that encourage patients and families to approach cancer with a hopeful and educated outlook.

Ready to register or want to learn more? Visit [BiketoBeatCancer.org](http://BiketoBeatCancer.org) or call (502) 629-8060.



Nathan Rome of Frankfort, Kentucky

Nick Bonura photos





Featured event

2015 Neuroscience Expo: Making Connections

Local and national experts will discuss the challenges of living with a neurological condition, new and emerging treatment options, and support services available in our area. If you or a loved one is affected by Alzheimer's disease, dementia, epilepsy, migraines, multiple sclerosis, Parkinson's disease, movement disorders or stroke, you won't want to miss this free event focused on empowering people with neurological disorders.

July 18 • 8 a.m. to 2 p.m. Kentucky International Convention Center

Expectant parents

Prenatal and childbirth classes

Classes are held at Norton Hospital and Norton Women's and Kosair Children's Hospital. Call (502) 629-1234 or visit NortonBaby.com for class schedules.

Gestational diabetes classes

Expectant mothers with gestational diabetes learn about caring for self and baby. Call (502) 629-2604 for class schedule.

Breastfeeding classes

Learn the benefits of breastfeeding, techniques and practical advice. Call (502) 629-1234 for class schedule.

Meet the Doulas

Doulas provide support for women before, during and after childbirth. Aug. 12 • 7 to 8:30 p.m. Marshall Women's Health & Education Center

For Dads Only

Sept. 24 • 7:30 to 9 p.m. Marshall Women's Health & Education Center

Parenting

New Mommy 101

Tips, advice, sharing and the latest information on keeping your baby healthy. Tuesdays • 10 a.m. to noon Marshall Women's Health & Education Center

Family and Friends CPR

This American Heart Association class teaches CPR and relief of choking skills. Not a certification class. \$10 per person.

July 8 • Aug. 12 • Sept. 9 6 to 8:30 p.m. Marshall Women's Health & Education Center

Fruit and Boot Camp

A fun two-week series designed to teach families with school-age children how to eat right and stay active. One parent/guardian must attend with every two children. Choose the time and location most convenient for you.

July 14 and 21 • 6 to 7:30 p.m. Kosair Children's Medical Center - Brownsboro

July 16 and 23 • 6 to 7:30 p.m. Shively Park Community Center 1902 Park Road

Infant CPR

New parents learn infant-only rescue breathing, CPR and choking rescue procedures. Not a certification class.

July 16 • Aug. 20 • Sept. 10 6 to 7 p.m. or 7:30 to 8:30 p.m. Norton Hospital Third-floor Conference Room

Girl Talk: The Talk

A mother-daughter class led by a pediatric gynecologist. Topics include physical and emotional changes during puberty, good nutrition and healthy lifestyle habits.

Aug. 25 • 6 to 7:30 p.m. Marshall Women's Health & Education Center

Living well

Weight loss information sessions

Hear about comprehensive surgical and medical options from weight loss specialists. Visit NortonWeightManagement.com for schedule. Norton Health & Wellness Center

Tai Chi for Health

This ancient Chinese practice helps with stress management; reduces anxiety and depression; lowers blood pressure; improves balance, flexibility and muscle strength; and increases mental focus and concentration. Six-week series: \$75 Mondays, Sept. 14 to Oct. 19 6:30 to 7:30 p.m. Norton Health & Wellness Center

Cooper/Clayton Method Smoking Cessation Support Group

For anyone who has completed the 13-week Cooper/Clayton Method to Stop Smoking workshop. July 22 • Aug. 26 • Sept. 23 10 a.m. to noon Norton Medical Plaza 2 - St. Matthews Joan Riehm Community Room (third floor) To register, call (502) 559-3230.

Specialty classes

Type 2 diabetes management classes

For those who are newly diagnosed or could use a refresher course. Available at all Norton Healthcare hospitals. Call (502) 629-2604 to register.

Diabetes exercise program

Call (502) 635-2121 for cost and schedule. Norton Medical Plaza East - Audubon Lower Level 1, Suite L12

Breaking the Pain Chain

Four-week series covering tools for breaking the cycle of arthritis pain. To register, call (502) 909-1414. July 8, 15, 22, 29 • 6 to 8 p.m. Sept. 2, 9, 16, 23 • 6 to 8 p.m. Norton Health & Wellness Center

Better Breathers Club

For people living with lung or respiratory disease July 9 • Aug. 13 • Sept. 10 12:15 to 1:15 p.m. Norton Audubon Hospital Conference Rooms 1 and 2 (L1) (502) 636-8747

Safe Sitter

One-day class for ages 11 to 14 that combines babysitting business skills with lessons on safety, first aid and preventing choking in young children. Cost: \$40 July 30 • 9 a.m. to 4 p.m. Norton Hospital • Third-floor Conference Room July 31 • 9 a.m. to 4 p.m. Marshall Women's Health & Education Center

Making Sense of Interstitial Cystitis and Pelvic Pain

Urogynecologists and a pelvic physical therapist will discuss everything you need to know about interstitial cystitis, also called painful bladder syndrome. Learn about treatment options for this and other conditions that cause pelvic pain. Sept. 21 • 6 to 7:30 p.m. Marshall Women's Health & Education Center

Heart care

Women's heart disease risk assessments

Body mass index, blood pressure reading, waist measurement, and screenings for HDL and LDL cholesterol, triglycerides, HbA1c and blood sugar levels. \$50. Fasting required. Call for an appointment. Norton Women's Heart & Vascular Center

Vascular screenings

A registered vascular technologist can perform a carotid artery scan, abdominal aortic scan and ankle brachial index to check for vascular disease. \$30 each or \$75 for all three. Call for an appointment.

Women's Heart Disease Support Group

Get Ready Great tips for preparing for appointments, tests and procedures Aug. 5 • 6 to 7 p.m.

Heart Medications

Learn what they are and how to take and store them properly. Sept. 2 • 6 to 7 p.m. Marshall Women's Health & Education Center

Circle of Hearts: Living Fully With A-fib

Sept. 17 • 6 to 8 p.m. Marshall Women's Health & Education Center





## Cancer care

### Yoga Nidra: Peaceful Meditation

For cancer patients and caregivers. Learn to release muscle, emotional and mental tensions through this ancient meditation technique for stress relief and relaxation.

July 2 • Sept. 3  
6 to 8 p.m.

Norton Health & Wellness Center

### Songwriting 101

Learn to relieve stress and express feelings through creating an original piece of music in a group setting.

July 8 • 6 to 8 p.m.

Marshall Women's Health & Education Center

### Arts, Crafts & Cancer

Create a beaded necklace with other cancer patients, survivors and caregivers. Supplies are provided.

July 16 • 5:30 to 7:30 p.m.

Norton Medical Plaza 2 - St. Matthews  
Joan Riehm Community Room  
(third floor)

### How to Follow a Healthy Diet

For cancer patients, survivors and caregivers

Sept. 29 • 5:30 to 7 p.m.

Norton Health & Wellness Center

## Cancer support groups

### Prostate Cancer Support Group

July 13 • Aug. 10 • Sept. 14  
6 to 7 p.m.

Medical Towers South, Suite 164  
(502) 629-5500

### Breast Cancer Support Group

July 21 • Aug. 18 • Sept. 15  
6 to 7:30 p.m.

Norton Medical Plaza 2 -  
St. Matthews, Suite 111  
(502) 899-6888

### Young Survivors Day Out

For breast cancer survivors diagnosed at age 45 or younger. Call  
(502) 629-3136 for upcoming events.

### Get a full events calendar!

Call (502) 629-HOPE or visit  
[NortonCancerInstitute.com](http://NortonCancerInstitute.com) and  
click on "Calendar of Hope."

## Neurological care

### MS support groups

Separate groups for women, men, moms, friends and family meet monthly. For details, call  
(502) 559-3230.

### Yoga for individuals diagnosed with neuro disorders

Gentle chair yoga class for patients and caregivers to help maintain flexibility, improve balance and reduce stress.

Saturdays • 9:30 to 10:30 a.m.

Norton Medical Plaza 1 - St. Matthews  
LL-D Meeting Center  
To register, call (502) 559-3230.

### Stroke Support Group

July 7 • Aug. 4 • Sept. 1  
3 to 4:30 p.m.

Norton Audubon Hospital  
Conference Room 1 (L1)

### 'Food For Thought' Wonderful Wednesday Luncheons

Gain insight, motivation and guidance to meet and overcome obstacles in everyday life.

July 8 • Aug. 12 • Sept. 9  
11:30 a.m. to 1 p.m.

Marshall Women's Health & Education Center

### Headache School

#### Women and Headaches

From hormones to diet to stress, learn about the triggers and treatments for debilitating headaches.

July 9 • 6 to 7:30 p.m.

#### Headaches and Stress Management

Explore stress management techniques that can help alleviate headaches.

Aug. 13 • 6 to 7:30 p.m.

#### Alternative Headache Treatments

Find out about alternative therapies that can relieve migraines, including vitamins, supplements and acupuncture.

Sept. 10 • 6 to 7:30 p.m.

Marshall Women's Health & Education Center

### Brain Games Café

An engaging environment for those with memory loss or cognitive issues to laugh and learn

July 22 • Aug. 26 • Sept. 23  
10 a.m. to noon

Marshall Women's Health & Education Center

### Music and Wellness Support Group

No vocal or musical training required

July 27 • Aug. 25 • Sept. 22  
Norton Medical Plaza 2 -  
St. Matthews

Joan Riehm Community Room  
(third floor)

## Special events

### Get Healthy Walking Club Expo

Take part in fitness activities, health screenings and more. Free to Get Healthy Walking Club members; \$5 for nonmembers. Registration required.

July 11 • 9 a.m. to noon

The Louisville Zoo  
1100 Trevilian Way

### Play Smart Eat Right Family Fun Event With Bobby Petrino

Free family health and fitness activities and an autograph session with Coach Petrino for first 150 guests

July 11 • 11 a.m. to 3 p.m.

Mall St. Matthews  
5000 Shelbyville Road

### Kosair Children's Hospital Splash 'N' Dash 5k Walk/Run

Walk or run through splash zones and enjoy family-friendly activities, including a DJ, bounce houses and more. Learn more and register at [SplashNDash5K.org](http://SplashNDash5K.org).

Aug. 1 • 9 a.m.

Beckley Creek Park

### Bike to Beat Cancer

A one-day cycling event for riders

who want to make a difference and raise funds for those battling cancer at Norton Cancer Institute.

Sept. 19 • 6:30 a.m. to 6 p.m.

Kosair Children's Medical Center -  
Brownsboro

## Health screenings

Mammograms and Pap smears are available aboard the Norton Healthcare Mobile Prevention Center. Call (502) 899-6842 for appointment and eligibility.

#### Kroger

Additional screenings include blood pressure, BMI and blood sugar

July 8 • 10 a.m. to 4 p.m.

12501 Shelbyville Road

Aug. 12 • 10 a.m. to 4 p.m.

6900 Bardstown Road

Sept. 9 • 10 a.m. to 4 p.m.

3039 Breckenridge Lane

#### Jefferson Mall

Additional screenings include blood pressure, BMI and blood sugar

July 22 • Aug. 26 • Sept. 23

10 a.m. to 4 p.m.

4801 Outer Loop

#### Walgreens

July 7 • 9 a.m. to 4 p.m.

9801 Brownsboro Road

Aug. 4 • 9 a.m. to 4 p.m.

11930 Standiford Plaza Drive

Sept. 1 • 9 a.m. to 4 p.m.

7914 Fegenbush Lane

#### Thorntons

Mammograms only

July 15 • 10 a.m. to 4 p.m.

4136 Cane Run Road

#### Preston Medical Center

July 16 • 10 a.m. to 4 p.m.

7926 Preston Highway

#### Louisville Free Public Library



#### Jeffersontown Branch

Aug. 3 • 10 a.m. to 4 p.m.

10635 Watterson Trail

#### Middletown Branch

Aug. 7 • 10 a.m. to 4 p.m.

200 N. Juneau Drive

#### Shively Branch

Aug. 11 • 10 a.m. to 4 p.m.

3920 Dixie Highway

#### Fairdale Branch

Aug. 20 • noon to 6 p.m.

10620 W. Manslick Road

#### Newburg Branch

Aug. 24 • 10 a.m. to 4 p.m.

4800 Exeter Ave.

#### Okolona Branch

Sept. 10 • 10 a.m. to 4 p.m.

7709 Preston Highway

#### Norton Community Medical Associates - Tyler Retail Village

Mammograms only

Sept. 18 • 9 a.m. to 4 p.m.

12615 Taylorsville Road



# GET Healthy

Between Health & Life: Norton

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**Norton Healthcare's mission** is to provide health care in a manner that responds to the needs of our community. Part of fulfilling that mission is Get Healthy, a community wellness initiative made up of Get Healthy magazine and NortonGetHealthy.com. These free resources offer easy-to-understand information on interesting health topics to help you live a fulfilling life through wellness for body, mind and soul.



Norton Healthcare  
**Stephen A. Williams**, chief executive officer  
**Russell F. Cox**, president

**Get Healthy**  
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**YOUR HEALTH  
MATTERS**  
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