Tashua Joseph performs an EKG on Melanie Espinosa in their Principals of Biomedical Science in the Heath Science Academy at Ross S. Sterling High School. See story on Page 3. (Photo by Carrie Pryor-Newman)
Blood Center honors GC Memorial teacher

Debbie Himsel, Goose Creek Memorial High School health and science teacher, is the 2019 Bill T. Teague Award recipient for her dedication to spreading awareness about the importance of giving blood.

Since Goose Creek Memorial’s inception in 2008, Himsel and her students have hosted two to three annual blood drives for Gulf Coast Regional Blood Center and in doing so have spread awareness about the importance of giving blood.

“Debbie has played a vital role in improving our high school mission by lending her expertise and experience to a roundtable that ultimately designed the details and layout of our current high school program,” Kevin Shipley, director of donor recruitment, said.

Her dedication to spreading awareness about giving blood goes far beyond the walls of GCM.

“In the aftermath of the Santa Fe tragedy, Debbie threw together a last-minute drive, working with groups and businesses in the area to donate food and supplies to make the drive successful,” Shipley said. “Because of her contagious passion, we were able to gain three new groups committed to hosting blood drives.”

When asked why she does this, Himsel said, “Life truly is in the blood, and there is no substitute when it is needed.”

Himsel also wants her students to have hearts for service, and she feels blood drives give them that opportunity. “We may not know the specifics of our donations,” Himsel said. “But you can rest assured that they truly change the world, one life at a time.”

The Bill T. Teague award, named for the blood center’s first president and CEO, is presented to an individual or group who epitomize the spirit of “Commit for Life.”

Houston Methodist Baytown Hospital provides over 100 free heart screenings

BY CAROL SKEWES

Houston Methodist Baytown Hospital offered free heart screenings with a program by Dr. Peter O’Hara Friday, February 22, including lunch, in the new conference center behind Independence Plaza II.

A medical team of eight from the medical center came to Baytown to serve over 100 guests who registered for the free heart screening.

I stopped by the event and experienced the heart screening first hand with Joyce Calhoun, RN. The valuable service provided was educational, pain-free and efficient.

Calhoun explained, “The thorough Framingham Heart Study includes factors such as age, cholesterol, lifestyle habits and blood pressure. Framingham Risk Scores are calculated separately for males and females.”

Houston Methodist Baytown Hospital’s J. Garrett told guests over lunch, “Today we are here to celebrate eight years of heart and vascular care. We have performed over 800 open heart surgeries in the past seven years with physicians, cardiologists, thoracic surgeons, nurses, a team of therapists and staff.”

The hospital has been selected in the top 15 percent of all heart programs in the nation based on patient outcomes and quality scores.

Dr. Walter O’Hara said, “The quality is going to through the roof with the new OR (new operating room in recent expansion). I want everyone to know, we have the lowest blood transfusion rate in the whole Methodist hospital system. We are way below the national average. We had three stars in 2016 for heart surgery. There were only three hospitals in all of Houston that got three stars and we were one of them.”

“We really work as a team here. This is where the future of medicine is going, working as teams to bring the best care.”

One of Dr. O’Hara’s patients spoke to guests about his recent heart surgery with Dr. O’Hara and had only the highest complimentary things to say.

Latimer said, “I grew up on a farm, eating red meat every day. I went through a triple bypass in May. This is a phenomenal facility. They were there on top of everything. We are really lucky to have this class of a facility in a semi-rural area. They work together to make it good for us.”

Garrett concluded, “Know your numbers. We want you to have the information to get the right care. We are leading medicine, unparalleled.”

Members of the medical team explained every detail of the risk assessment, as they took blood pressure readings, took blood samples for testing and reported the findings. A few patients discovered they needed to talk to a doctor immediately and cardiologists, Dr. O’Hara and Dr. Raghunandan Muppudi were on hand to help.

Each heart screening guest walked out knowing their risk for heart disease in writing. The free tests the hospital provided are a valuable service to the community.
ROSS S. STERLING HIGH SCHOOL are learning that their health science students work on medical interventions.

Tashua Joseph performs an EKG on Melanie Espinosa in their Principals of Biomedical Science in the Heath Science Academy at Sterling.

RSS health science students work on medical interventions

**BY BETH DOMBROWA**

Students in Greg Smith’s Principles of Biomedical Science class in the Heath Science Academy at Ross S. Sterling High School are learning that their fictional patient, Anna Garcia, is a bit of a medical mess.

On the first day of class, Academy students in Smith’s class met Garcia. Unfortunately, she was dead.

The students have spent this first year trying to determine what happened to their patient and what could have prevented her untimely demise.

“At first they had to consider that it could have been a crime scene, so we started the year studying blood and blood spatters,” said Smith. “But as the class progressed, they found that Ms. Garcia had several medical issues.”

The first part of the course included combing through fictionalized autopsy reports and medical records. Through rigorous, hands-on coursework, part of the Project Lead The Way curriculum, the students learned that Garcia suffered from sickle cell anemia.

They have also done extensive studying about the heart, including dissecting a sheep’s heart, and discovered that Garcia also had high blood pressure and high cholesterol.

Recently, the students performed EKGs on their classmates to learn more about the rhythm of and the electrical conduction through the heart. They also had to determine what possible intervention could have saved Garcia’s life, including whether she might have benefitted from a stent or bypass.

“The students get really invested in the patient and truly want to find medical interventions that could have saved her life,” Smith said. “The curriculum is designed to foster critical thinking and get students to work together to find solutions.”

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GOOSE CREEK CISD

Stuart Career Tech’s vet asst. pathway preps students for careers

BY SUSAN PASSMORE

Students enrolled in the Academy of Agricultural Sciences at Stuart Career Tech High School, pursuing the Veterinary Assistant pathway, never know what their next assignment might be, but the hands-on activities certainly keep them interested.

A typical day in teacher Stephanie Brock’s Livestock Production class had students practicing subcutaneous and intramuscular injections, using hypodermic needles and syringes filled with colored water. Brock instructed them where to place the needle to practice injecting bananas, oranges and plastic bags holding water-filled bags. Some got it the first time, but a few were surprised when their “shot” sprayed into the air.

“You always have to angle the shot,” Brock said. “If you go straight in, you’ll hit the muscle.”

By the end of class, all were fairly proficient, considering this was the first experience on the other side of the needle for these sophomores, who also take Small Animal and Equine Science.

Brock’s Principles of Agriculture, Food and Natural Resources students also had an interesting assignment in store for them. Sydney, Brock’s 9-year-old Australian Cattle Dog, came to work with her, ready to be bathed, groomed, and loved on by the freshmen.

“We have a grooming unit, so students learn how to groom head-to-toe, checking the dogs’ eyes and ears and clipping their nails,” Brock said. “They also learn a little about business management.”

After a few treats, Sydney seemed to enjoy the de-shedding process as well as the warm water and shampoo drizzling over her. The four groomers, despite long plastic aprons, got a little wet, but grooming pets belonging to faculty members at SCTHS is a treat for them.

“I signed up for these classes to work with animals,” said Jillian Rogers, a sophomore. “I like to wash the dogs, especially when teachers bring their dogs. I hope to be a vet and go to Lee College and maybe A&M.”

Eleventh-graders will enroll in Veterinary Medical Application/Agricultural Laboratory and Field Experience and Advanced Animal Science along with a practicum their senior year, which will give students the opportunity to work with a veterinarian for a semester. Since SCTHS just opened in fall 2017, the Vet Assistant program includes only freshmen and sophomores.

“This helps them decide if they want to specialize in large animals or small animals. Some will go into the wildlife field. Almost all of them want to go to vet school, most at Texas A&M. Some are in FFA and show animals. This is an extra boost for them to have these classes on their transcript for college,” Brock said.

Three of Brock’s students compete in Vet Med contests for FFA. They prepare by learning about tools, organs, parasites and equations to determine, for example, how many CCs of medicine an animal needs based on weight.

Brock, in her second year at SCTHS, is a former biology teacher as well as a former zookeeper at Cameron Park Zoo in Waco, so she is quite comfortable with facilitating hands-on activities and working with live animals, assignments that keep students engaged. Seniors in the program will prepare for and test to be a Certified Vet Assistant, which will help them obtain a position in a vet’s office.

“They just need an associate degree to be a vet tech, but most of them want to go to vet school,” Brock said.

While the activities seem like fun, students interested in a Business and Industry Endorsement in the Agriculture Science Cluster, who apply for and are accepted into the Academy of Agricultural Sciences at Stuart Career Tech High School, have the opportunity to learn skills and earn credentials that will give them a good foundation for a career as a vet assistant, vet tech or even a veterinarian.

Students in Stephanie Brock’s Principles of Agriculture, Food and Natural Resources class at Stuart Career Tech High School enjoy bathing and grooming Sydney, teacher Stephanie Brock’s Australian Cattle Dog. Pictured are (from left) Leila Vinson, Annabell Robles, Jennifer Odukoya (back right) and Neida Del Valle, all freshmen.
Don’t let lower back pain slow you down

By Rod Evans

Hours of standing on the job or at a social gathering can mean trouble for the lower back. A dull lower back ache becomes a sharp pain running from the buttocks down the back of the leg is called sciatica.

If the pain doesn’t subside after a day or two of rest, it’s time to schedule a visit with a doctor to determine what else may be going on.

“Many people will experience sciatica during their lives. But for some, the pain is caused by a herniated disk,” said Dr. Shalin Patel, an orthopedic spine surgeon with Houston Methodist Orthopedics & Sports Medicine at Baytown.

The spinal column consists of vertebrae separated by soft, gel-like disks. When the disk herniates, or slips outside the vertebral column, it can press against nerves and cause pain.

“Disk pain is often the result of a gradual, aging-related wear and tear called disk degeneration. Herniated disks can occur anywhere along the spine, but they often occur in the lumbar or lower back.” Patel explained.

Symptoms include:
• Arm or leg pain. Depending on the location of the affected disk, the pain can radiate from the buttock to the foot or through the shoulder and arm.
• Numbness or tingling can occur in the affected area.
• Muscle weakness can occur, causing you to stumble or have difficulty lifting or holding items.

Risk factors that can lead to a herniated disk include:
• Obesity, which puts stress on the lower back
• Jobs that involve repetitive lifting, pulling or pushing
• Genetic factors

Treatment varies based on your overall health, age, activity level and severity of the symptoms. Initially a short period of rest and pain medications, such as anti-inflammatory drugs or muscle relaxers, may be followed by physical therapy. Depending on your condition, physical therapists may combine exercise with heat or ice, traction, electrical stimulation, or bracing the neck or lower back.

As the pain improves, you may learn core-strengthening exercises to avoid a recurrence. Generally, most symptoms improve within a month of starting conservative treatment.

“If physical therapy doesn’t relieve the pain, an epidural injection may be suggested. These injections help reduce inflammation around the disk to relieve symptoms. Your doctor may use X-ray or another type of imaging to help guide the injection,” Patel said.

For people whose symptoms don’t subside with other treatments, surgery may be necessary. In most cases, the surgeon removes the protruding section of the disk. Rarely, the entire vertebrae is removed and replaced with an artificial disk.

If back pain has sidelined you from daily activities, the specialists at Houston Methodist Orthopedics & Sports Medicine at Baytown, now located in the new outpatient center (1677 W. Baker Rd.) can put you back in the game. To schedule an appointment, visit houstonmethodist.org/

Comprehensive cancer care at Garth facility

By Rod Evans

While Houston Methodist Baytown Hospital has been a leader in community-based cancer care since the 1980s, reinforcing that commitment remains at the heart of its mission.

The renovated Houston Methodist Cancer Center at Baytown facility officially opened in February following a $2 million project to upgrade and enhance the facility located at 4021 Garth Road. Dr. Shawn Tittle, the center’s medical director, says the project was designed to keep the center on the leading edge of cancer care.

“Houston Methodist Baytown has been a leader in community-focused cancer care for more than 20 years,” Tittle said. “The improvements made to the cancer center represent our commitment to providing the best in cancer care for our community now and for years to come.”

Tittle says the project included updating conference/meeting facilities, patient waiting areas, and improving building infrastructure and technological capabilities and the addition of 12 private and semi-private infusion therapy suites.

Infusion therapy for cancer patients involves the IV administration of medications, including chemotherapy and immunotherapy. The center also provides infusion care for those with a variety of illnesses, such as multiple sclerosis, rheumatoid arthritis, psoriasis and Crohn’s disease.

“The new center provides a comfortable setting so patients can stay close to home to receive these vital treatments,” Tittle said.

The cancer program specializes in treating some of the most common types of cancer, including breast, lung, prostate and colon, using the most advanced techniques available. The Houston Methodist Cancer Center at Baytown features an experienced, specialized team of medical oncologists, radiation oncologists, oncology nurses, and cancer care navigators and social workers to help patients and families through their cancer journey. The care team provides services ranging from prevention and diagnosis to advanced treatments, survivorship and support groups.

For more information or assistance in cancer care, please call one of the Houston Methodist Cancer Center nurse navigators at 281-420-8809.

Breast Care Center

The American Cancer Society (ACS) estimates nearly three million women who have had a history of breast cancer are now “survivors.”

Prevention and early diagnosis are cited as major factors behind the improving survivorship numbers, with regular mammograms the most effective tool available in diagnosing breast cancer. Mammograms can detect breast cancer in its early stages—up to two years before a lump can be felt. Early detection means a better chance of a cure.

Patients have access to the technological advances provided by 3D mammography, or digital breast tomosynthesis (DBT), which separates the layers of the overlapping tissue and improves the ability of breast radiologists to find early cancers.

“Women should have yearly mammograms beginning at age 40 and should encourage their friends and family to have them as well,” said Dr. Esther Dubrovsky, breast surgeon at the Breast Care Center.

Dubrovsky adds that women of all ages should regularly self-check their breasts to detect any noticeable lumps or changes in the tissue.

Schedule a mammogram at the Houston Methodist Breast Care Center at Baytown by visiting houstonmethodist.org/breast-care, or calling 844-454-PINK (7465).

Learn Something "NEWS" Every Day!

The Baytown Sun 281-422-8302 www.baytownsun.com
Houston Methodist Baytown Hospital opened its new state-of-the-art Outpatient Center located at 1677 West Baker Road on Feb. 25.

“We are excited to offer comprehensive outpatient services in one convenient location,” said David P. Bernard, CEO, Houston Methodist Baytown Hospital. “With the opening of this Center, Houston Methodist Baytown Hospital adds a technologically-advanced facility to its mission of delivering unparalleled health care and services to the residents of the Greater Baytown Area.”

Located in the new facility is the Breast Care Center, imaging (MRI, CT scan, ultrasound and x-ray), laboratory services, Occupational Health Clinic, Center for Orthopedics and Sports Medicine, physical and occupational therapy, Primary Care Clinic and outpatient surgical services. It also includes a turf field for sports medicine rehabilitation.

To schedule an appointment for an outpatient procedure at Houston Methodist Baytown Hospital, visit houstonmethodist.org/baytown, or call 281-428-2273.

Houston Methodist Baytown Hospital held a recent ribbon cutting event in celebration of the new Outpatient Center opening on Feb. 25. Photographed with the ribbon are George Colon, director of Spiritual Care, Jarren Garrett, VP Operations, Becky Chalupa, Chief Nursing Officer, David P. Bernard, Chief Executive Officer, Shawn Tittle, M.D., Chief Quality/Medical Officer, Tadd Tellepsen from Tellepsen Construction, David Hartt, Senior Project Manager for Jacobs Architect Group, Laurie Terry, Administrative Director, and Brad Bortz, Practice Administrator. Over 100 hospital and physicians were in attendance in celebration of the new Outpatient Center.

Baytown hospital opens new Outpatient Center

Houston Methodist Baytown Hospital held a private event showcasing the Outpatient Center. Attendees Daryl Fontenot, financial advisor, Sherrill Santana, State Farm, and Gilbert Santana, BDI Resources and hospital board member, and Michael Ashton, ExxonMobil, were in attendance.

Hospital board member RD Burnside, Karla Opryshek, Caldwell Banker, and Dan Foley, St. John the Evangelist Catholic Church and hospital spiritual care volunteer, appreciated the exclusive tour of the new building.
OUTSMARTING CANCER TAKES LEADING MEDICINE.

At Houston Methodist Cancer Center, our teams of nationally recognized specialists are finding new ways to outsmart cancer, while delivering the most advanced treatments and comprehensive care available. From screenings to diagnosis and cutting-edge treatments, our leading cancer care is available at all seven locations across Greater Houston, so you can focus on healing, surviving and thriving.

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Houston Methodist Cancer Center at Baytown
4021 Garth Rd.
Baytown, TX 77521
Lee College nursing students polished their one-on-one teaching skills recently as they shared their knowledge with students from the Ross S. Sterling High School Health Science Academy.

Janice Rogers, a member of the Lee College nursing faculty, said, “They asked us to provide educational sources and references to topics and issues that affect teenagers. We have anything from good eating to handwashing to vaping to sun protection to car safety to suicide and the effects that marijuana has on the body — negative effects.”

The learning for the day went beyond just the information high school students gained about the specific topics being addressed.

The high school students in the Health Science Academy are those who want to pursue health-related careers—some plan to become nurses and others want to be doctors or enter one of the many other professions in the growing career field.

For them, it was a chance to see the next step in their own education, whether they attend Lee College or another college or university.

For the Lee College students, it was a chance to practice the kind of teaching skills that nurses experience in their work.

“In nursing we do a lot of teaching,” Rogers said. “They had to develop a pre-test and a post-test. They have to evaluate their own learning.

“It helps them to be a more well-rounded nurse since they had to learn how to teach and evaluate and present.”

In fact, the teacher who was with the Sterling High School students gained some of her teaching skills right at Lee College.

Paula Schmidt, an instructor in the Health Science Academy, came through the Lee College nursing program before going on to get her bachelor’s degree. She has also taught at the college.

“My students are just looking at the healthcare profession and what do they want to do,” she said. At the event, “They are actually getting to look at things that at school, at the college level, that they would be doing.”

In addition to the interactive education displays, the high school students also got a tour of some of the Lee College simulation rooms—full scale hospital rooms where students can practice their skills on mannequins especially designed for teaching medical treatments.

As a particular highlight, a few of the students delivered a “baby,” in the maternity simulation room as the others watched the process. Even though both mother and child were plastic simulations, the students were then able to critique the delivery and learn more than a textbook or video could provide.
EMERGENCY MEDICAL TECHNICIAN TRAINING PROGRAM

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Start Here. Finish Strong.
‘Bras for a Cause’ raises over $200K to fight cancer

The Crosby community once again showed up ready to support the Crosby Fair and Rodeo’s Tough Enough to Wear Pink Night event in February.

Preliminary reports show over $200,000 was raised at the 8th annual event. The committee chose a theme of “Together We Can Make a Difference” with all cancer recognized throughout the room with the different awareness cancer colors. The theme was continued by the Bras for a Cause committee ladies who chose a colored scarf to represent a cancer that has touched their lives in some way, either through family, friends, etc. One hundred percent of proceeds will benefit people in our community and surrounding areas that are fighting cancer.

Twenty male celebrity models participated in a fashion show modeling bras designed by family and friends. Charles Adams, Attorney/Partner and Host of “The Night Shift” radio show, served as emcee. Rick Loggins welcomed the sold out crowd and educated everyone on what Pink Heals and Candlelighters did with the donations received each year. Lanette Armstrong, Debbie Holmelin and Beth King presented Candlelighters with $1,000 of gift cards and $5,000 for one year of parking at the medical center. They also presented $12,500 which was the second part of a donation to the Bras for the Cause Breast Cancer Fund at Methodist Hospital which will be used to asset patients with mammograms, breast MRI’s and breast biopsies.

The Bras for a Cause committee is overwhelmed each year by the generous support of the Crosby Community and the willingness of men in our community to step up and model bras in support of local cancer patients.

Bras for a Cause was subsequently recognized at the Houston Methodist Baytown Hospital Outpatient Center grand opening for donating over $700,000 to the hospital since 2013.

With funds distributed through Pink Heals, Bras for a Cause is able to help patients with day-to-day expenses. Pink Heals is a patient Assistance Fund that provides financial support to qualifying patients undergoing treatment at Houston Methodist Baytown. Over the past eight years, BFC has donated $700,000 to the Pink Heals Fund.

Last October, Myrna Baker came to the committee with an additional need. At that time, the BFC committee voted to pledge $25,000 to a newly established “Bras For The Cause Breast Cancer Fund” which supports mammograms, Breast MRI and Breast Biopsy for patients without insurance or inadequate resources.

Crosby Rodeo’s Bras for the Cause committee members Sonny Armstrong, Lanette Armstrong, Debbie Holmelin were presented with an award from David P. Bernard, Chief Executive Officer, Houston Methodist Baytown Hospital. Since 2013, the committee has donated over $700,000 to the hospital’s Pink Heals Fund which provides resources for cancer patients while they’re in treatment at the hospital.

OPIOID EPIDEMIC

Working together to educate – Naloxone saves lives

BY JENNIFER HART

More than 70,200 Americans died from drug overdoses in 2017, including illicit drugs and prescription opioids — a two-fold increase in a decade (Source: CDC). That’s over 192 people per day.

The misuse of, and addiction to, opioids — including prescription pain relievers, heroin, and synthetic opioids such as fentanyl—is a serious national crisis (National Institute on Drug Abuse).

In 2017, the president declared the opioid overdose epidemic to be a public health emergency.

As this epidemic grows, prevention specialists, physicians, and researchers collaborate daily to identify the most effective methods to prevent and reduce opioid abuse and unintentional overdose deaths. One of those methods is to administer Naloxone which is a very effective drug for reversing opioid overdoses. When a person overdoses on an opioid, their breathing and pulse slow, leading to brain damage or death. A dose of Naloxone or Narcan stops those effects for 60 to 90 minutes by binding to the brain’s opioid receptors and essentially switching them off. Naloxone doesn’t stop the overdose, but it helps the person to survive until emergency care can be administered.

Naloxone is a very effective drug for reversing opioid overdoses. Naloxone doesn’t stop the overdose, but it helps the person to survive until emergency care can be administered. If the medication is mistakenly given in the misdiagnosis of an overdose, there will be no negative side effects.

With a local focus on advocating and increasing prevention efforts, the Southeast Harris County Community Coalition in partnership with La Porte Police Department and Lee College in Baytown hosted a workshop entitled “Opioid Overdose, Harm Reduction and Naloxone (Narcan) Administration Training” led by Dr. Joy Alonzo, PharmD, Texas A&M University-Opioid Task Force. Over 60 law enforcement, community educators and public health professionals benefitted from the training that covered existing data trends around the opioid epidemic and what common opioids are and how to recognize signs of overdose. All attendees participated in a hands-on simulation of administering a Naloxone tester. Upon completion of the training everyone received a FREE Narcan Nasal Spray kit as well as continuing education credits for law enforcement. Dr. Alonzo shared this important tip after the simulation, “I want everyone to realize that just like laypersons can give CPR, so can they carry and administer Naloxone.”

Naloxone is only available by prescription but in 2015, the Texas Legislature passed a law that allowed doctors to write a “standing order” allowing anyone access to this life-saving medication. Due to this life-saving legislation, naloxone is now available without an individual prescription at Walgreens, CVS, and Kroger stores across Texas. This is an important resource for family members who are concerned about a loved one’s use of prescription painkillers. For more information about Naloxone and how the medicine works, visit: https://www.cdc.gov/niosh/docs/2019-101/pdfs/2019-101-508.pdf.

This intervention has saved many lives across the nation and is just one way our community is battling the opioid epidemic. To learn more or get involved in helping to prevent prescription drug abuse and overdose, join Southeast Harris County Community Coalition or visit www.baco-da.org for more information.

Jennifer Hart is a communication specialist for the Southeast Harris County Community Coalition, one of five Coalitions in a Department of the Bay Area Council on Drugs and Alcohol.
Good advice: Make exercise a part of your life

BY JANICE JIRCİK

One of the things that I tell many of my members is that the hardest thing to do in an exercise program is to walk in the front door. With over 30 million people in our country suffering with diabetes and 90 to 95 percent of them having type 2, that translates to almost one out of ten people. That being shared, it is time to walk through that door and take ownership of our health.

We all know that exercise is good for us but how many truly understand just how good it is? The benefits of a regular exercise program are impressive. It helps maintain your weight, feel happier, sleep better, improve memory, control blood pressure and regulate cholesterol.

If you have been diagnosed with diabetes, physical activity is even more important. Participating in a regular exercise program and remaining active makes your body more sensitive to insulin. In-turn allowing cells in your body to use blood sugar for energy. It also helps to control blood sugar levels, lowering your risk for heart disease and nerve damage.

Now is the time to make a plan for yourself and your health. Active people may seem to have a lot of energy and tons of will power but in reality, they just have a plan. Many put their workout clothes out the night before or schedule in time for the gym or a walk at the park or in their neighborhood. Planning ahead is the key that can make being active much easier.

Remember, getting started is everything and doing something is much better than doing nothing at all. Be specific in your plan and pick a goal that you can succeed with and one that is easy to measure; try walking twenty minutes a day or taking a Zumba class twice a week. Once you’ve started, try different activities to identify the ones you like the most. This is different for every individual and once you find what you like it is more likely that you will keep motivated and doing it.

Start small and build your plan as your fitness level increases naturally. Find a workout partner; having someone that depends on you to show up will help motivate you to keep with your workout regularly, and a little friendly competition never hurt anyone. Look for community activities such as run-walks to motivate you to get stronger. Excitingly, if you stick with it for six weeks then it will become a habit.

The Centers for Disease Control and Prevention has set a goal to benefit from physical activity we need to get at least 150 minutes of moderate physical activity a week and two days in which include working all major muscle groups.

The Wellness Center at Bayside is equipped with the resources you need to begin your journey to a healthier you. If you haven’t exercised in a while, don’t forget to check with your primary care provider before starting a new exercise plan. If you have any questions feel free to call us at 409-267-3700. The Wellness Center at Bayside is here to “Add years to your life, and Life to your years.”

Janice Jircik is director of The Wellness Center at Bayside.

The wonderful help we received from Hospice helped us with the most difficult days of our lives. - Sylvia P.

Everyone was extremely supportive and caring during this time. They truly cared about our mother’s condition and comfort.” - Lori S.

The Professionalism of the Nurses and Nurse Aide was comforting.” - Tanya M.

All the people who took care of my mother were GREAT and 100% caring.” - James K

The Centers for Disease Control and Prevention has set a goal to benefit from physical activity we need to get at least 150 minutes of moderate physical activity a week and two days in which include working all major muscle groups. Examples would be walking briskly, housework, mowing, and dancing.

Before starting any exercise program, check with your health care provider and discuss the best physical activities for you. Be sure to discuss what you like and what activities you should avoid as well as any precautions or modifications you should make especially if you have been diagnosed with diabetes or any other disease.

The Wellness Center at Bayside is equipped with the resources you need to begin your journey to a healthier you. If you haven’t exercised in a while, don’t forget to check with your primary care provider before starting a new exercise plan. If you have any questions feel free to call us at 409-267-3700. The Wellness Center at Bayside is here to “Add years to your life, and Life to your years.”

Janice Jircik is director of The Wellness Center at Bayside.
Students in the Lee College EMT program practice loading a classmate, acting as a patient on a stretcher, into the full-size box ambulance simulator located inside the classroom at the Lee College Education Center – South Liberty County.

EMT training program now offered by Lee College’s Workforce Dept.

LIBERTY – In response to the growing demand for healthcare professionals, the Center for Workforce and Community Development (CWCD) at Lee College has launched an Emergency Medical Technician Training Program – Basic (EMT-B), which will begin this March.

This 48-session training program is designed for anyone interested in working in public safety including fire, police, and ambulance operations. The course consists of classroom and clinical training with hands-on experience designed to prepare students to administer care in emergency situations. The program covers anatomy and physiology, initial patient survey and triage, airway management, oxygen therapy, and treatment of bleeding, shock, cardiac arrest, automated external defibrillation, fractures, spinal injuries and other medical emergencies.

“This course will prepare our students for the National and State certification examination, and students who complete the Program will come out with the skills and knowledge necessary to successfully begin a career as an EMT,” said Healthcare Program Manager Jahnea Palfrey.

According to the Bureau of Labor Statics, employment from 2016 to 2026 for EMTs is expected to increase by 15 percent, while the average growth rate for all occupations is seven percent.

Vice President of Workforce and Corporate Partnerships at Lee College Dr. Angela Oriano added, “In addition to providing an educational pathway for students interested in the healthcare field, our goal is to see the Program build a robust pool of highly-qualified EMTs to serve the growing needs of our community.”

The Program is a result of a partnership between the CWCD and Liberty County Emergency Medical Services (LCEMS). Executive Director of LCEMS Mike Koen stated, “We’re so happy to be partnering with Lee College’s Center for Workforce and Community Development as the EMT Program in Liberty County is a highly sought-after Program and will greatly enhance our community.”

Classes start on Mon., March 25 at the Lee College Education Center – South Liberty County. Classes are held Monday and Wednesday nights from 6-10 p.m. Cost of the Program is $1,410.33 (books and uniform fees not included). Financial assistance and payment plans are available to those who qualify. In-person registration is required at 909 Decker Drive in Baytown. For more information, visit www.lee.edu/healthcare, or call 281-425-6311.

Kids urged to practice good oral hygiene

BY KALEY SMITH

As important as dental care is for adults, it is even more important for children, since dental care and prevention received as a child will determine a child’s dental needs well into their adult life. Research shows that dental and oral care habits, such as brushing and flossing regularly, learned as a child are a good indicator of the long-term dental/oral outcomes as adults. One of the top reasons for school-aged children being absent from school was due to dental and other oral problems. Not only are these children missing more class time, but their academic performance is lower when compared to students who have good dental/oral health.

Dental care involves taking care of your teeth, gums, and the related structures of the mouth, not only benefits your teeth and gums, it also plays a vital part in maintaining your overall health. A person’s mouth naturally contains bacteria, most of which is harmless and between your body’s natural defenses and good oral care (i.e. brushing and flossing), the bacteria remains in control. When the harmful bacteria grow out of control it can cause various oral infections, such as tooth decay and gum disease. If the harmful bacteria are not kept under control it could enter the bloodstream and cause serious problems throughout the rest of the body.

The set of teeth we are born with are intended to last us a lifetime with the proper preventative dental care. Here are a few dental preventative facts, courtesy of the American Dental Association (ADA). The ADA recommends brushing your teeth twice a day with an ADA-approved fluoride toothpaste and replacing your toothbrush every three to four months, or sooner, if the bristles become frayed. Clean between teeth daily with floss or an interdental cleaner and eating a well-balanced diet and limit snacking between meals. Most importantly visit your dentist regularly for professional cleanings and oral exams.

The American Dental Association recommends a child’s first dental visit to take place after the first tooth erupts (as soon as six months), but no later than the first birthday. As soon as your child has teeth, he or she can get cavities. Early dental visits include an examination of your child's jaw and teeth to ensure that they are developing the way they should.

Becoming proactive about your child’s dental health today can help keep his or her smile healthy for life.

For information on children’s dental services or to schedule your dental appointment, please call our office at Bayside Dental 409-267-4126. For more, please visit www.chambershealth.org

Kaley Smith is the executive director of Chambers Community Health Centers. Contact Smith at 409-267-4126 or by email ksmith@chambershealth.org.
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Be Well™ Baytown

Be Well™ Baytown, an initiative of MD Anderson Cancer Center sponsored by ExxonMobil, aims to mobilize the Baytown community to promote wellness and stop cancer before it starts. Be Well Baytown reached approximately 50,000 people in the community last year.

In 2018, the initiative:

Delivered nearly 446,000 pounds of fresh produce to 32,992 families
Provided CATCH® PE to more than 12,000 Goose Creek Consolidated Independent School District (GCCISD) students
Logged more than 10,300 minutes of physical activity for Baytown residents in YMCA Walking Clubs
Offered sun protection to 8,000 people across GCCISD and Lee College with all residents able to use free sunscreen in dispensers located in 10 city parks

Thank you for helping us build a healthier Baytown.