

carenotes

TONE YOUR BONES

by Kathleen Ingram, M.D.

In recent years bone density testing has become a "Hot Topic" in the medical community. Increased media coverage, commercials, and women being more aware of health issues that affect them has peaked interest in bone density testing.

disease" that many women will not know they have until they actually fracture a bone. The most important fact regarding osteoporosis is that 58% of women ages 50-59 do have some level of bone loss. As you get older your risk for bone loss increases.

How can you protect your self against osteoporosis? First you should know the risk factors:

- Are you post menopausal?
- Did you mother loose height or have a curved back?
- Are you Caucasian or Asian?
- Do you have a small thin frame?
- Have you ever been a smoker?
- Do you take or have you ever taken steroids for three months or longer?

If you answer yes to any of these questions then your doctor may recommend that you have a Bone Mass Density Test. This test is quick and painless. The test will measure your bone mass (T-Score) to determine if you have bone loss. If you are showing signs of bone loss then you may need to change your diet, perform weight-bearing exercises, and add calcium and Vitamin D supplements to your diet. Medications can also be prescribed by your physician if appropriate. In many situations these medications have the ability to reverse bone loss and make your bones stronger.

If your physician determines that you would benefit from a bone density test it can be done in the convenience of our Birmingham office. Should you have any questions or feel that you meet any of the risk factors for osteoporosis please talk with your doctor and ask them to order a bone density test and be on your way to stronger, healthier bones.



Dr. Kathleen Ingram strives to create a comfortable and friendly environment where patients are encouraged to take an active role in the decisions that are made regarding their healthcare.

Originally from Birmingham, Dr. Ingram is a Phi Beta Kappa graduate of the University of the South. She received her Medical Degree at the University of Alabama School of Medicine, and completed her residency training at the University of Arkansas for Medical Sciences.

Dr. Ingram is board certified by the American Board of Obstetricians and Gynecologists and is a Fellow of the American College of Obstetricians and Gynecologists. She is a member of the Medical Association of the State of Alabama and the Jefferson County Medical Society.

Dr. Ingram and her husband, Travis, have one child, William. Outside of work, they enjoy spending their time outdoors.

THE PHYSICIANS OF HENDERSON & WALTON WOMEN'S CENTER, P.C.

Philip D. Walton, M.D.
Frank O. Page, M.D.
Charles Hudson, M.D.
Jeffrey Gunnells, M.D.
Carol G. Swindle, M.D.
Cynthia L. Lassiter, M.D.
Brenda C. Taylor, M.D.
A. Elizabeth Snowden, M.D.
John L. Edwards, M.D.
Cynthia L. Jones, M.D.
George H. McGrady, M.D.
Ernest G. Moore, M.D.
Charles H. Svensson, M.D.
Dan H. Hudson, M.D.
Lauren B. Britt, M.D.
Alison A. Heaton, M.D.
Kathleen Ingram, M.D.

The most frequently asked questions about bone density are:

What is a bone density test?

Is it painful?

What is a T-Score?

What is osteoporosis?



Osteoporosis is defined as follows: "osteo" means bone and "porosis" means porous or absorbent. Throughout your life your bones go through building cycles in which old bone is broken down and new bone is formed. Osteoporosis is a "silent

HENDERSON & WALTON
WOMEN'S CENTER, P.C.

www.hwvc.net



HWWC SPONSORS CHRISTMAS CHARITY

PARDON OUR PROGRESS

We will be renovating the Birmingham offices during 2005. We apologize for any inconvenience it may cause. Thanks for your patience!



Each Christmas the physicians and associates of Henderson & Walton Women's Center, P.C. select a charitable organization to sponsor during the Christmas holiday. This year we chose to support "The Bread Of Life Community Food Pantry and Clothes Closet". This is a mission/ministry developed by local pastor Daniel Cason to provide food and clothing to the homeless and less fortunate in our community. When we learned of this organization we found that the children who are helped by this ministry were not in need of toys this Christmas. When we asked how we could help we were humbled to learn that their greatest need was for basic school supplies such as paper, pens and pencils – things that most of us take for granted.

At our annual Christmas Staff Meeting our associates presented shoeboxes filled with the requested supplies to Daniel Cason. We also had the pleasure of having Mr. Cason as our guest speaker where he explained further the mission of his ministry. "The Bread of Life Community Food Pantry and Clothes Closet" was established to help meet the needs of the hurting and hungry in Birmingham. Over the years they have been able to feed and clothe literally thousands of children and their families along with many homeless and lower income individuals. Each week they have a worship service that is attended for all who receive clothes and food.

The Food Pantry and Clothes Closet is open each Tuesday from 3 - 6pm and every Thursday morning from 10am – noon. If you would like more information about this helpful organization or if you would like to make a donation contact:

The Bread of Life Community Food Pantry & Clothes Closet Ministry
Mailing Address: P.O. Box 39090 – Birmingham, AL 35208
Physical Address: 538 7th Street North Corner of Graymont Ave & 7th St. North
Phone: (205) 320-2111
Fax: (205) 320-2117



RACE-FOR-THE-CURE

In October 2004 many of our staff participated in the Susan G. Komen Race-For-The Cure. Despite the rainy conditions we had a wonderful time. It was so encouraging to see thousands of people taking time out of their day to support such a great cause.

We enjoyed meeting those of you who recognized us in our "distinctive" orange Henderson & Walton Women's Center, P.C. t-shirts.

At this event it was hard not to be inspired by the courage of the women in our community who are battling this disease. It was great to be a part of the race and to support those who are currently in the fight and those that have survived. It was also touching to see those who were racing in remembrance of a loved one or friend who lost the battle with breast cancer.

Breast cancer is a disease that affects thousands of women each year. We encourage you to make sure you get a baseline mammogram at age 35 and annual mammograms after age forty.

Please remember the Susan G. Komen Race-For-The-Cure in October 2005 and join Henderson & Walton Women's Center, P.C. in the fight.





2ND ANNUAL HWWC WOMEN'S HEALTH CONFERENCE FEBRUARY 26, 2005

In June 2004, Henderson & Walton Women's Center, P.C. hosted a conference on Women's Health. We considered it to be a great success and enjoyed meeting all that attended. Dr. Philip Walton spoke about Cardiovascular Disease in Women, Dr. Elizabeth Snowden talked about Good Habits for a Healthy Pregnancy, and Dr. Lauren Britt reviewed the Possible Reasons for Multiple Pregnancy Loss. Our guest speakers were Dr. Michael Beckenstein who spoke on Plastic Surgery and Dr. Elizabeth Jacobson reviewed Botox injections and Skin Cancer in Women.

We were so encouraged by the response that we got from this event that we have decided to make it an annual event.

Our next Women's Health Conference will be held on February 26, 2005 (Saturday) in the Bruno Conference Center* from 9:00am - noon. This conference is FREE and we'll have light refreshments, giveaways, and parking passes. For those of you who may need CEU's we will be offering these as well.

Although there is no charge for the conference we do ask that you please RSVP. Please call (205) 930-1841 and leave the name(s) of those that will be attending and a day-time phone number.

We certainly hope that you will find the topics helpful. We look forward to seeing you there!

**The Bruno Conference Center is located on the first floor/Level A of the Women's & Children's Center - same building as our main office. We'll have signs to direct you where to go.*



WOMEN'S HEALTH CONFERENCE

FEBRUARY 26, 2005
9:00-NOON

The following physicians are scheduled to be at the conference and will be presenting information on the following topics:

"Breast Cancer and The Risk Factors You Should Know"

Cynthia Lassiter, M.D.

"Health Issues Relating to Your Thyroid"

Maria Prelipcean, M.D.

"Sexual Dysfunction in Women"

Nicole Massie, M.D.

"Osteoporosis"

Alison Heaton, M.D.

"Three Practical Steps to Reduce the Stress in Your Life"

Jill McCool, LPC

Licensed Counselor

Please RSVP by calling (205)930-1841.



SATELLITE UPDATES

Mammography added in Gadsden Office We are excited to announce that mammogram services will now be offered in our Gadsden satellite office. Mammograms will be done Monday through Thursday and until noon on Friday.

We hope that you find the addition of these mammogram services to be convenient and helpful. Please remember that you should have a baseline mammogram at age 35 and once per year after age 40. Your Henderson & Walton Women's Center, P.C. physician will be happy to talk with you about mammograms.

If you are interested in seeing us in our Gadsden office please call (256) 442-7740 to make an appointment.

Anniston Office Updated In November 2004 our Anniston satellite office received a makeover. The office now has new and updated carpet and paint. We are very excited about the new look in Anniston and hope that you like it also.

If you are interested in seeing us in our Anniston satellite office please call (256) 236-7541. Dr. Dan Hudson is available each Tuesday.



DR. BRITT'S CHICKEN/SAUSAGE JAMBALAYA

Dr. Britt is originally from Baton Rouge, Louisiana and is no stranger to the kitchen. In addition to practicing medicine she enjoys cooking for her family and friends, Cajun style.

INGREDIENTS:

- 1lb sausage (I use Savoy's Cajun; any favorite brand OK)
- 3 large or 4 med boneless; skinless chicken breasts
- 3 cups uncooked rice
- 4 1/2 cups water
- 3 celery stalks; chopped
- 2 med onions; chopped
- 1 med bell pepper; chopped
- 3 garlic pods; chopped
- salt, pepper, cayenne pepper, Tony's Chachere's Creole Seasoning – all to taste

DIRECTIONS:

Thinly coat 1 side of chicken breasts with Tony's seasoning. Brown chicken in non-stick cooking spray then remove from pan. Slice chicken into thin strips. Slice sausage in 1/4 inch slices and brown then remove from pan. Heat 1 tbsp oil with meat drippings over med & sauté veggies until soft. Add meats, seasonings, and remaining ingredients to heavy stockpot. Bring to boil. Cover and cook on low heat for 45 minutes. Serve with French bread & salad

HWWC - Central

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 Birmingham, Alabama 35205
 (205) 930-1800 1-800-264-1075
 FAX: (205) 930-1818
 www.hwWC.net
 Monday - Friday: 8:00 - 5:00
 Saturday: 8:00 - 12:00

HWWC - Alabaster

1240 1st Street North, Suite 110
 Alabaster, Alabama 35007
 (205) 663-0013
 FAX: (205) 663-0372

HWWC - Anniston

1525 Leighton Avenue, Suite A
 Anniston, Alabama 36201
 (256) 236-7541
 FAX: (256) 236-7575

HWWC - Cullman

111 4th Ave., NE
 Cullman, AL 35055
 (256) 737-9306
 FAX: (256) 737-9307

HWWC - Gadsden

105 Church Street, Suite A
 Rainbow City, Alabama 35906
 (256) 442-7740
 FAX: (256) 442-7741

HWWC - Jasper

1009 7th Avenue
 Jasper, Alabama 35501
 (205) 221-4221
 FAX: (205) 221-4222

HWWC - Sylacauga

9 South Western Avenue
 Sylacauga, Alabama 35150
 (256) 249-4032
 FAX: (256) 245-5655

HWWC - Tuscaloosa

Riverside Medical Center
 535 Jack Warner Parkway, N.E.,
 Suite H-2
 Tuscaloosa, Alabama 35404
 (205) 554-0572
 FAX: (205) 554-0573



SATELLITE LOCATIONS

Alabaster

Dr. Charles Hudson
 Dr. Elizabeth Snowden

Anniston

Dr. Dan Hudson

Cullman

Dr. Cynthia Lassiter
 Dr. Alison Heaton

Gadsden

Dr. Elizabeth Snowden
 Dr. Jeffrey Gunnells
 Dr. Lauren Britt

Jasper

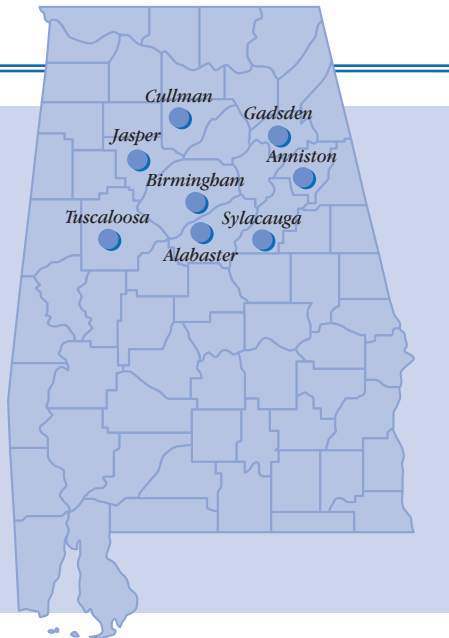
Dr. Carol Swindle
 Dr. John Edwards

Sylacauga

Dr. Cynthia Jones
 Dr. George McGrady

Tuscaloosa

Dr. Charles Svensson
 Dr. Alison Heaton
 Dr. Kathleen Ingram



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