

# Bryan For Your HEALTH

Be sure to visit our website at [bryanhealth.org/calendar](http://bryanhealth.org/calendar)

## Stop the Bleed

A person who is bleeding can die from blood loss within five minutes. Emergency responders will arrive as quickly as possible, but bystanders are almost always there first. Control of bleeding at the scene can be life-saving. This class will give you the skills and knowledge to provide immediate bleeding control to victims.



Heather Talbott, RN

Brittni Clark, RN

**Tuesday, July 11, 3-4:30 p.m.**

Cost: Free, pre-registration required

Where: Nebraska Community Blood Bank, 100 N. 84th St.

To register: Go to [bryanhealth.org/calendar](http://bryanhealth.org/calendar) or call 402-481-5150

**Friday, July 28, Noon-1:30 p.m.**

Cost: Free, pre-registration required

Where: Bryan West Campus, West Medical Plaza, Conference Center, 2300 S. 16th St.

To register: Go to [bryanhealth.org/calendar](http://bryanhealth.org/calendar) or call 402-481-5150



## Surgical and Non-Surgical Weight Loss Information Session

**Tuesday, July 11, 6-7 p.m.**

Attend this information session to learn about your options for successful weight loss and the approach that is best for you. You'll learn about weight loss surgery options. You'll also hear about a holistic, one-on-one approach to non-surgical weight loss with no supplements or meal replacements. Both options provide a comprehensive, supportive approach to lose weight, keep it off and improve your health.



Benjamin Hung, MD

Christopher Crawford, MD

Raymond Taddeucci, MD

Presenters: Benjamin Hung, MD, Christopher Crawford, MD or Raymond Taddeucci, MD and a Bryan Bariatric Advantage nurse practitioner

Where: Bryan LifePointe Campus, 7501 S. 27th St.

To register: Go online to [bryanhealth.org/calendar](http://bryanhealth.org/calendar) or call 402-481-5490

**Free monthly support group, for anyone who has had or is interested in having a bariatric procedure**

Date & Time: Thursday, July 13, 5:45-6:45 p.m., no registration required

Where: Bryan West Campus, West Medical Plaza, Classroom 1, 2300 S. 16th St.

Topic: **Tips to stay hydrated this summer**

Presented by: Ashley Larson, registered dietitian and Cindy Sayers, nurse practitioner

## Cardiovascular Screenings – Bryan East Campus

**Thursday, July 13, 7:30 a.m.-3 p.m.**

The following screenings are by appointment only. Screenings will be held in the Early Detection Center, located in the 1st floor hallway between Bryan Medical Center and Bryan Medical Plaza, Bryan East Campus, 1500 S. 48th St. **To register, call 402-481-5121.**

**Atrial Fibrillation Screening, \$10**

This painless, noninvasive screening helps detect if an irregular heart beat exists, and is available to anyone concerned with the condition.

The following screenings are available to anyone age 65 and over OR for people age 55-64 who have risk factors such as high blood pressure, diabetes or other health conditions; this will be reviewed when your appointment is scheduled.

**Peripheral Arterial Disease Screening, \$20**

This painless, noninvasive screening detects diminished blood flow due to a narrowing or blockage in the arteries feeding the lower extremities.

**Abdominal Aortic Aneurysm Ultrasound Screening, \$40**

This painless, noninvasive screening detects the presence of an aneurysm in the abdominal aorta.

**Carotid Artery Ultrasound Screening, \$40**

This painless, noninvasive screening detects plaque deposits in the carotid arteries. These plaque deposits are a leading risk factor for stroke.

## CPR for Family and Friends

**Sunday, July 16, 1-4 p.m.**

This course teaches lay rescuers how to recognize and treat life-threatening emergencies. Included is CPR for adult, child and infant, barrier devices, relief of obstructed airway and recognition of an acute stroke.

Cost: \$20

Where: Bryan West Campus, West Medical Plaza, Conference Center B, 2300 S. 16th St.

To register: Go online to [bryanhealth.org/calendar](http://bryanhealth.org/calendar) or call 402-481-5646

## AARP Driver Safety Program

**Thursday, July 20, 9 a.m.-1 p.m.**

This driver improvement course provides techniques for coping with changes in vision, hearing and reaction time, along with a review of the "rules of the road".

Cost: \$15 for AARP members;  
\$20 for non-members  
(Cash, check or money order payable to AARP.) Pay at the door.

Where: Bryan East Campus,  
Plaza Conference Center A, 1500 S. 48th St.

To register: Call 402-481-3355



## Only one remaining travel opportunity!

**October 17** – Discover the Flint Hills, Manhattan, KS

Visit [bryanhealth.org/travel](http://bryanhealth.org/travel) to download your brochures, or call 402-481-3355.



## Health Screenings – Bryan East Campus

**Thursday, July 27, 7-9 a.m.**

The following screenings are by appointment only. Screenings will be held in Plaza Conference Center B at Bryan East Campus, 1500 S. 48th. Payment required upon registration. **To register, go online to [bryanhealth.org/calendar](http://bryanhealth.org/calendar) or call 402-481-6300.**

**Comprehensive Blood Screening, \$45; \$40 for Bryan LifePointe members, Bryan employees and volunteers.** This blood screening includes a comprehensive metabolic panel, TSH (thyroid stimulating hormone), lipid panel (cholesterol) and hemogram.

12 hours fasting is required.

**High Sensitivity C-Reactive Protein (Cardio CRP), \$45**

This blood screening can help evaluate your risk of heart disease. 12 hours fasting is required.

**Glycohemoglobin (HbA1c), \$25**

This blood screening indicates average blood sugar levels over the previous two-three months.

**Cholesterol Only Screening, \$25**

This blood screening is a lipid profile and measures the amount of cholesterol and triglycerides in your blood. 12 hours fasting is required.

Screening results are mailed to the patient within 10-14 days.

Listen to these free 10-minute podcasts at: [bryanhealth.org/podcasts](http://bryanhealth.org/podcasts)

## Your Summer Sunscreen Guide

**Who, What, Where, When and How Much**

Summer is here and that means more time spent out in the sun. Too much sun can cause sunburn, premature wrinkling and skin cancer. Listen as Rex Largent, MD, Nebraska Dermatology, discusses the importance of sunscreen and how to limit your dangerous sun exposure to prevent burns and long-term damage to your skin.



Rex Largent, MD

## Vertigo: Causes, Prevention and Treatment

**Can't stop the world from spinning?**

You may be suffering from a common form of vertigo. Laura Corbridge, Bryan physical therapist, explains what causes vertigo, how you can prevent it from reoccurring and how physical therapy can help you feel better.



Laura Corbridge, PT

## For Your Health

**The Importance of Knowing Your Family Medical History**

Even though you can't change your genetics, it's still very important to know your family history. Listen as Ruth VanGerpen, Bryan oncology nurse navigator, discusses how knowing your family history can help you take the necessary steps to prevent and reduce your risk for health complications.



Ruth VanGerpen, RN

## Cool off with Cryotherapy!

**Try your first Cryotherapy session for only \$25.**

(New clients only, please.)

Cryotherapy is treatment to promote healing. It works by briefly exposing your body to very cold temperatures in order to:

- Speed recovery
- Decrease muscle soreness
- Boost immune system to prevent colds and flu
- Reduce pain from arthritis and osteoporosis

**To schedule your Cryotherapy treatment, call 402-481-6300.**



## Bryan Neurology

**Advanced care & treatment, compassionate focus on you**

Improving the lives of patients with neurological conditions through advanced care and treatment and an approach that is compassionate, kind and respectful. Specialized care for conditions such as:

- Multiple Sclerosis
- Epilepsy
- Headache
- Parkinson's disease
- Dementia (decline in mental ability that affects daily life)
- Stroke
- Rehabilitation



Ana Delgado, MD

Sunil Nair, MD

**Schedule your appointment**

Call: 402-483-8534

Office location: Bryan Neurology  
2222 S. 16th St., Suite 430,  
Bryan West Campus, West Medical Plaza, Tower A



## Not Feeling Well?

**We'll get you, back to you.**

Convenient, trusted online care from board certified Nebraska doctors. Any time, day or night.

**Only \$35**  
[bryanhealththevisit.com](http://bryanhealththevisit.com)

**Bryan Health ezVisit**

by Bryan TELEMEDICINE

Keep ezVisit at your fingertips with our free app!



## Three-Month Membership Special

Offer ends July 15!

- No long term commitment
- Perfect for students, family or friends looking for a cool place to workout
- Everything you need to reach your fitness goals – cardio and strength equipment, group exercise classes, two indoor pools and a track

Cost: \$150, adults; \$75, students (ages 14-26)

## No membership? No problem!

Purchase six day fitness passes for only \$30. (\$60 value)

Call or stop by today to learn more!

402-481-6326 • Bryan LifePointe Campus, 7501 S. 27th St.



## Looking Your Best Event

Saturday, July 8 • 9 a.m.-5 p.m.

Summer is here – let's celebrate!

Stop by for:

- Appetizers and tips on looking your best
- A chance to try our new Eminence organic skin care products
- Details on how to reduce unwanted hair, wrinkles, age spots and spider veins with our new laser treatment
- Great discounts on products and services at The Spa and MedSpa

Rubab Husain, MD, and Carrie Kleinschmidt, PA-C, with Bryan LifePointe MedSpa, will answer all your questions and share information on fillers, Botox, laser services and more!

Hope to see you there!

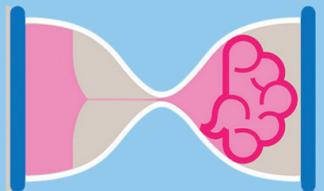
## OPEN TO THE PUBLIC!

Mon.-Thurs: 9 a.m.-8 p.m. • Friday: 9 a.m.-6 p.m.  
Saturday: 9 a.m.-5 p.m.

The Spa at Bryan LifePointe • 7501 S. 27th St.  
402-481-6321 • bryanlifepointe.com/spa

# The Spa

at BRYAN LIFEPOINTE



**Stroke. Time is Brain.**  
The faster a person receives treatment, the better the outcome.

If you see signs of a stroke, get help immediately. The more time that goes by, the more damage to the brain. How fast you receive treatment can significantly impact the quality of your life moving forward.

Bryan is the only Lincoln hospital that offers the full range of treatment options so patients don't need to be transferred and lose time getting the treatment they need.

**Act FAST when you see signs of a stroke.**

**Face:** Ask the person to smile, check for drooping?  
**Arm:** Can the person raise both arms and hold them up?  
**Speech:** Can the person clearly repeat a simple phrase?  
**Time:** If you see any of these signs, call 9-1-1 immediately.

Bryan FOR YOUR HEALTH Calendar of Events

JULY 2017

Bryan Health

1600 S. 48th St.  
Lincoln, NE 68506-1299

Address Service Requested

Bryan Medical Center complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.  
ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-742-7844. TTY: 1-800-833-7352.  
 CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-800-742-7844. TTY: 1-800-833-7352.

# Bryan LifePointe EVENTS

Be sure to visit our website at [bryanlifepointe.com](http://bryanlifepointe.com)

## FREE fitness classes at Bryan LifePointe!

**LES MILLS** Saturday, July 8  
Summer Launch of Group Exercise Classes

Grab a friend and join us as we launch new choreography and music in these group fitness classes:

- 8-9 a.m. – RPM Cycling™
- 8:30-9:30 a.m. – BodyPump™
- 9:30-10 a.m. – CX Worx™
- 10-11 a.m. – BodyFlow®

All classes are free July 8.  
View schedule at: [bryanlifepointe.com/fitness](http://bryanlifepointe.com/fitness)

To learn more and register, call 402-481-6300.

## Strength Training for Women

July 10-August 17,  
Mondays and Thursdays, 4:30-5:30 p.m.

Strength training increases metabolism, reduces risk of osteoporosis, helps you sculpt and tone, and gives you more energy and strength for daily activities. This class for women of all ages and fitness levels will help you learn proper form, decrease body fat, and increase strength and athletic performance.

Cost: \$100, Bryan LifePointe members; \$125, non-members  
Where: Bryan LifePointe Campus, 7501 S. 27th St.  
To register: Go online to [bryanhealth.org/calendar](http://bryanhealth.org/calendar) or call 402-481-6300



## Size Wise Exercise

July 10-August 16  
Mondays and Wednesdays, 7-7:45 p.m.

(First class meets for one hour)  
Does your size limit you from doing daily activities? Have you been reluctant to exercise because gyms are intimidating? This six-week medically integrated movement program will empower you to make exercise a part of your life.

Cost: \$50, Bryan LifePointe members; \$70, non-members  
Where: Bryan LifePointe Campus, 7501 S. 27th St.  
To register: Go online to [bryanhealth.org/calendar](http://bryanhealth.org/calendar) or call 402-481-6300



## TRX® Basic Fitness Classes for SENIORS

July 11-27

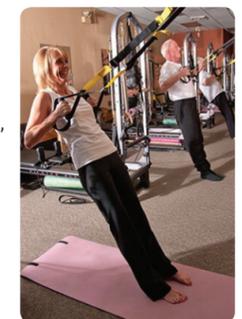
Tuesdays and Thursdays, 9:30-10:30 a.m.

TRX® can help you increase flexibility, regain mobility in your shoulders, hips and ankles, and even reduce your risk of falling. Regular and modified movements will be shown to help you tailor this workout to your ability and fitness level.

Cost: \$65 for six sessions, Bryan LifePointe members;  
\$80, non-members

Where: Bryan LifePointe Campus, 7501 S. 27th St.

To register: Go to [bryanhealth.org/calendar](http://bryanhealth.org/calendar) or call 402-481-6300



## Is weight impacting your life?

There comes a time when you realize, it's time. This is my life, my health and it's important. It's time to take control and take action. It's time to take a healthy and smart approach to a life-long, life-changing journey to better health.

## You can succeed!

LifeTracks is a highly effective, medically supervised program for long-term health and weight management. This 24-week program is specially designed for people who want to lose 40 pounds or more.



During the LifeTracks program Virginia lost 68 pounds. She has continued with her healthy lifestyle changes and has now lost over 125 pounds!

## Attend a FREE LifeTracks information session:

- Tuesday, July 18, Noon-1 p.m. or 6:45-7:45 p.m.
- Wednesday, July 19, 6:45-7:45 p.m.

To register: Call 402-481-6300 or go to [bryanhealth.org/lifetracks](http://bryanhealth.org/lifetracks)  
Bryan LifePointe Campus • 7501 S. 27th St.

Can't make it to an information session?

Listen to our free LifeTracks podcast at: [bryanhealth.org/podcasts](http://bryanhealth.org/podcasts)

## Stepping On – Building Confidence & Reducing Falls

July 19-August 30 • Wednesdays, 9:30-11:30 a.m.

Join Jodi Sudik, certified exercise physiologist, for this seven-week program focused on preventing falls. This program empowers older adults with the tools to reduce the risk of falls.

Learn:

- Simple and fun balance and strength exercises
- The role vision plays in keeping your balance
- How medication can contribute to falls
- Ways to keep from falling when out and about
- What to look for in safe footwear
- How to eliminate fall hazards in your home

This workshop is designed for people age 65 and older who don't have dementia, who have fallen in the past year or have a fear of falling, and live on their own and don't use a wheelchair or walker full-time.

Cost: \$40, Bryan LifePointe members; \$50, non-members

Place: Bryan LifePointe Campus, 7501 S. 27th St.

To register: Go to [bryanhealth.org/calendar](http://bryanhealth.org/calendar) or call 402-481-6300



Jodi Sudik



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