

# Inside



Bayou Medical Management

Spring 2012

## Zachary Surgical Center

Zachary Surgical Center provides a cost-effective, efficient and safe alternative for outpatient surgery in the Zachary, Louisiana area.

### About Institute for Minimally Invasive Surgery

Opened in summer 2011, Zachary Surgical Center (ZSC) is an 8,300 square foot state-of-the-art facility focusing on outpatient procedures. It is specifically designed for outpatient procedures with two well-equipped operating rooms and one procedure room. The patient-friendly design of the center ensures optimum flow and maximum privacy. ZSC provides same-day surgeries at a reasonable cost and savings to patients and private and commercial payors. Outpatient surgery



requires less time, allowing patients to return to their families and work schedules faster. ZSC is a safe, reliable, and comparable alternative to a hospital with the added benefits of convenient parking, expedited registration, and a dedicated staff of knowledgeable healthcare professionals. Patients and

physicians experience all of this in an environment designed for efficiency, comfort, safety, and privacy.

### For Physicians

Zachary Surgical Center offers a great alternative for physicians to perform outpatient procedures. With state-of-the-art technology and equipment, ZSC offers physicians the resources they demand to perform at optimal levels. Physicians benefit from the

comfortable surroundings centered on efficient

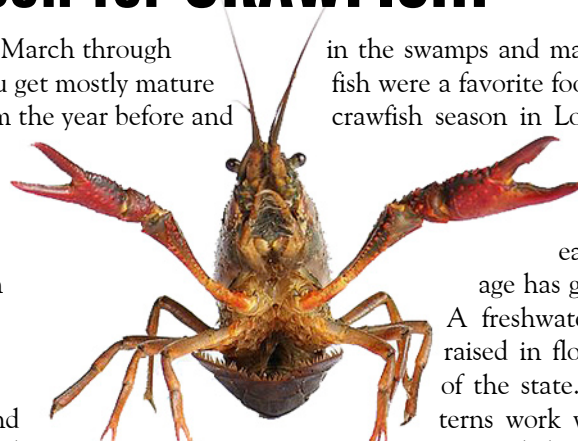
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## The season for Festivals is here; but so is the season for CRAWFISH!

Crawfish "season" typically runs from March through June. Early in the season you will find you get mostly mature crawfish that haven't been harvested from the year before and you will generally hear "wait a month or so longer" to see the larger ones. But when the weather warms the "big dads" arrive - mainly due to the fact that they move more and eat more... making them grow faster and fatter!

### A Little Crawfish History

Dating back to the Native Americans and the early European settlers, the crawfish has been and inherent part of Louisiana culture. Abundant



in the swamps and marshes across south Louisiana, crawfish were a favorite food of early residents. Centuries later, crawfish season in Louisiana is still exciting, with crawfish boils and backyard parties a time-honored tradition. From just a few experimental ponds in the early 1960s, Louisiana's pond acreage has grown to nearly 200,000 acres today. A freshwater crustacean, crawfish mainly are raised in flooded rice fields in the central part of the state. The rice season and flooding patterns work well with optimal crawfish harvesting, and the unharvest portion of the rice plant

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# Crawfish Season (continued)

can later serve as crawfish forage and help create the food web that brings in other small animals that crawfish feed on to grow. However, the crawfish life cycle depends greatly on the weather. Too hot or too dry and the crawfish crop can be delayed, or even worse, decimated. In June, they mate and burrow. In August, the females lay their eggs and need water for them to hatch properly. And, in October, the crawfish need rain to exit their burrows, and then water for their young to grow. The majority of Louisiana crawfish, which account for about 98 percent of the national market, is consumed in-state. Farm-reared crawfish often account for more than 85 percent of the total annual supply, with the remainder coming later in the season, typically between late April and July, from the Mississippi River and Atchafalaya Basin.

## Sure to “pass a good time”

If you are going to “Boil your Own” – Keeping your Crawfish alive Upon Arrival is extremely important. If you receive your crawfish the day before your boil, simply take your crawfish, hose them down and place them back in a cooler with a bag of ice. Keep them in a cool place and out of the heat. Your garage is the perfect spot until you’re ready to boil.



## How to Purge your Crawfish

1. Hose crawfish sack with water thoroughly.
2. Empty one sack (or a half-sack) in cooler (ice-chest or tub) and rinse again (keep drain hole open).
3. Close drain hole, sprinkle 1 (16oz.) container of table salt over one sack and add enough water to cover crawfish to purge.
4. Let stand for 8 to 10 minutes.
5. Drain and repeat above process one or two more times.

## How to Boil your Crawfish

1. Fill large pot with enough water to cover seafood.
2. Make your own seasoning mix or try commercial ones (Zatarains/ Cajun Grocer/Slap Ya Mama/Louisiana Fish Fry Crawfish and Crab mix/ Oak Grove Smoke House Swamp Fire seasoning mix and many others) and bring to a rolling boil.



3. Add crawfish. Return to a rolling boil. Boil crawfish 5 minutes.
4. Turn fire off and let crawfish soak for 15 to 25 minutes (to your desired spice level).
5. Peel um while they’re hot and enjoy!

## What we Louisianans’ call “a lil’ lagniappe”.

While the seafood and seasoning may differ from crawfish boil-to-boil, the common practice of adding onions, lemons, potatoes, corn on the cob, and smoked sausages/ Andouille is shared. When cooked together with the seafood, vegetables and other meats will pick up the seasonings and flavors found in the main dish that would otherwise be lost. These additions also cost considerably less than the seafood, allowing the whole meal to go a little further. For you non-crawfish eaters – you can fill the pot with the traditional vegetables (fruit for that matter) and even try adding some others; like mushrooms, carrots, green beans, artichokes, cauliflower, broccoli – basically any vegetable you’d like (just be careful - cooking times will vary).



## For those few who may not know – Here’s how to Peel & Enjoy Your Crawfish

Step 1 - Gently twist the head apart from the tail and set the head aside.

Step 2 - Peel away 2 to 3 segments of shell from the tail to expose more meat.

Step 3 - Pinch the bottom end of the tail while carefully pulling the meat out of the shell.

Step 4 - For an extra mouthful of flavor, gently suck the seasoned juices out of the head, or insert a finger into the cavity and scoop out the golden “fat”.



Lastly, the creative fun doesn’t end when the crawfish boil ends. If there are any leftovers, peeled crawfish tails have infinite uses in sauces, fillings and toppings. Pizza, pasta, baked potatoes, broiled fish, and anything grilled become show stopping dishes with a handful of fresh crawfish tail meat or chopped mushrooms on top!

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## **Zachary Surgical Ctr. (contd.)**

workflow, safety, and patient privacy. With a knowledgeable and experienced staff, ZSC provides an excellent experience for its physicians and its patients. The efficient, well-managed environment allows physicians to focus solely on providing exceptional care and service to their patients.

### **For Patients**

Patients who have their procedures performed at Zachary Surgical Center enjoy the convenience of a centrally located facility with easily accessible parking and a streamlined registration process. The facility offers an inviting and comfortable environment designed for efficiency, comfort, safety, and privacy. Patients can rest assured that the friendly and knowledgeable healthcare professionals at Zachary Surgical Center will treat them with the utmost care and respect throughout their procedure, as outcomes and patient satisfaction are the true measures of our success.

Visit [www.zacharysurgicalcenter.com](http://www.zacharysurgicalcenter.com) for more information.

## **Post-Mardi Gras and Lent**

*Let Crawfish play a big part in the Holy Season's Eating Rule!*

You may be wondering what the eating and fasting rules are for Lent and how things have evolved. "The rules of fasting vary. First, some areas of the Church abstained from all forms of meat and animal products, while others made exceptions for food like fish. For example, Pope St. Gregory (d. 604), writing to St. Augustine of Canterbury, issued the following rule: "We abstain from flesh, meat, and from all things that come from flesh, as milk, cheese and eggs." Second, the general rule was for a person to have one meal a day, in the evening or at 3 p.m. These Lenten fasting rules also evolved. Eventually, a smaller repast was allowed during the day to keep up one's strength from manual labor. Eating fish was allowed, and later eating meat was also allowed through the week except on Ash Wednesday and Friday. Dispensations were given for eating dairy products if a



pious work was performed, and eventually this rule was relaxed totally. (However, the abstinence from even dairy products led to the practice of blessing Easter eggs and eating pancakes on Shrove Tuesday [which we call Mardi Gras Day], the day before Ash Wednesday.) The present fasting and abstinence laws are very simple: On Ash Wednesday and Good Friday, the faithful fast (having only one full meal a day and smaller snacks to keep up one's strength) and abstain from meat; on the other Fridays of Lent, the faithful abstain from meat. People are still encouraged "to give up something" for Lent as a sacrifice. (An interesting note is that technically on Sundays and solemnities like St. Joseph's Day (March 19) and the Annunciation (March 25), one is exempt and can partake of whatever has been offered up for Lent."

# 2012 Breaux Bridge Crawfish Festival

The 2012 Annual Breaux Bridge Crawfish Festival is held in Beautiful and Historical Breaux Bridge, Louisiana. This year's festival will take place on May 4-6 at Parc Hardy which is located at 2090 Rees Street, Breaux Bridge, LA 70517. The world famous Crawfish Festival began in 1960 as a spin-off of the Breaux Bridge Centennial Celebration. The Festival has become one of the largest gatherings of world famous Cajun, Zydeco and Swamp Pop musicians and plays host to over 30 bands on three stages during the three-day festival. Music fills the air from morning into night at Parc Hardy!

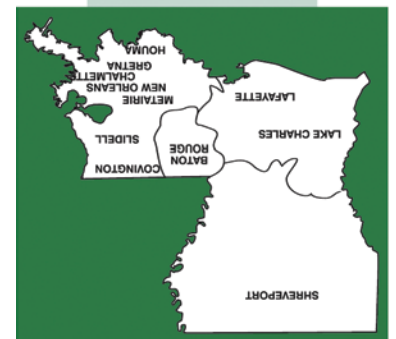
Feel free to put on your dancing shoes and two-step or Cajun Waltz to traditional Cajun and Zydeco Music. The most talented will win gift packages as their prizes. And nothing is as unique to Cajuns as eating crawfish during festival weekend. You'll enjoy tasting crawfish prepared in every imaginable way—fried, boiled, in an étouffée, bisque, boudin, pie, crawdogs or jambalaya, along with other Cajun favorites (shrimp, crab, gumbo, red beans and rice, just to name a few). For those “healthy appetites” you can participate in the Crawfish Eating Contest which is measured by the weight of boiled crawfish consumed within forty-five minutes. And if you think you cook the best “leftover

crawfish” dish, you can participate in the Crawfish Etouffée Cook-Off. This epicurean event features cooking teams who vie for the title of Cook-off Champion. For those who appreciate Arts, Crafts and Specialty Items, you can stroll your way through rows of unique items – handcrafted and novelty – as artists, craftsmen and vendors display their wares for your shopping enjoyment. For the young and young-at-heart, you can enjoy rides and games at the Carnival, located inside a fenced area of the festival grounds at Parc Hardy. The Carnival Midway Parade honors the Annual Crawfish Queen who rules over the festivities along with her King, Junior Royalty and Ecrevettes. You will also enjoy sights of Cajun family bands, marching bands and festive floats. And as the Crawfish Race Commissioner yells “ils sont partis”, the world famous race of the crawfish begins! Numbered crawfish race to the finish line with skillful aid from their registered owners on an eight-foot circular target. This race is open to all and a joy to watch.

For more information please visit [www.bbcrawfest.com](http://www.bbcrawfest.com) Also, for a comprehensive list of 2012 Festivals and Events in Louisiana, visit Clarence's Festival calendar at - [www.cajunradio.org/louisianafestivals.html](http://www.cajunradio.org/louisianafestivals.html).

Inside BMM is a quarterly newsletter published by Bayou Medical Management. BMM does not prescribe medical advice. Comments are welcomed. For additional information, call or write: BMM, 13360 Coursey Blvd., Ste. B, Baton Rouge, LA 70816 (225) 448-2591

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