GET MOVING:
JOINT PAIN SOLUTIONS

CELEBRATE autumn

SCHEDULE YOUR MAMMO NOW!

THE REWARDS OF FOSTER CARE

KEEP FLU BUGS AT BAY

TO FIND THE LATEST NEWS, VISIT GCHealthandLife.org
CELEBRATING THE SEASON

There’s something about the autumn months that restores our energy and reinvigorates our spirit. Here on the Gulf Coast when the heat of summer lifts, we begin to look forward to the upcoming holiday season and the opportunities to celebrate the blessings of life.

Autumn is a busy time for our kids. As they return to school or to college life, we can’t help but think about their safety. We’ve provided some tips for you to consider on page 3 on how to keep your children healthy and safe. Fall also is open enrollment time—the time of year when you decide on an insurance plan and the best doctor for your family’s needs. We’d love to help you connect with the right physician. Learn more on pages 6–7.

Certain autumn months are devoted to a few key health issues worthy of our attention. Most recently, Prostate Awareness Month (September) educated us on the importance of getting a prostate exam. Now is a good time for men to speak with their physician to see if they should schedule one. And for women, October is a good reminder to schedule mammograms during Breast Cancer Awareness Month. The upcoming holiday season is a time when our focus is heightened on giving back to others. Learn how you can help give back and ensure a healthy community on page 13. Many events that benefit a worthy cause are on the horizon, and your participation is a great way to support the entire community while having fun with family and friends.

In this edition of Gulf Coast Health & Life, we look at how the fall season brings us closer as a community. It’s a good time to reflect and appreciate the things that are going well in our lives.

Here’s to enjoying a healthy season, every season.

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SCAN THIS QR CODE to access Gulf Coast Health & Life magazine, sign up for the electronic edition and take a survey that awards winners with a trip to the spa!

Win!

Go to GCHealthandLife.org and enter to win one of three spa gift prizes, valued at $150 each. Last issue winners: Jacqueline, Milton Linda, Fort Walton Beach Annette, Brewton

Mark Faulkner
President and Chief Executive Officer
Baptist Health Care

Sign up for our e-newsletter at GCHealthandLife.org.
BUS STOP SAFETY
Read over the following bus stop safety tips with your children to make sure your kids are safe going to and coming from school.
- Make sure you’re 10 steps away from the bus, so the driver can see you.
- Cross in front of the bus, never behind it.
- Look left, right, left before crossing a street and continue looking for traffic as you cross.
- Go straight home (or other predetermined location) after you get off the bus. Don’t speak to strangers and never get into a car with a stranger.

OFFICE-FRIENDLY EXERCISES YOU CAN DO ANYWHERE
If work life is keeping you indoors, here are a few exercises you can do to keep your body healthy and your stress level down.
- Plan short walks around your facility, campus or neighborhood on your lunch break; get to know new places and temporarily forget about deadlines.
- Every time you return from a bathroom break, do five squats before you sit down at your desk. If you take five breaks a day, that’s 25 squats. You’ll be toned in no time!
- At your desk, straighten one leg out in front of you and trace the letters of the alphabet with your foot. Use exaggerated ankle movements to get the most effect. This exercise produces killer calf muscles.

These tips are provided by Healthy Lives™, the health and wellness program of Baptist Health Care. Learn more about Healthy Lives by contacting Meghan McCarthy at 855.469.6903 or meghan.mccarthy@bhcpcs.org.

FIGHT COLD AND FLU SEASON WITH ANTIOXIDANTS
These three super foods are packed with antioxidants and can help us stave off cold-weather illnesses. Also don’t forget your flu shot!
- SALMON—Omega-3 fatty acids and vitamin D provide a powerful boost to the immune system.
- BLUEBERRIES—Not only are they delicious, they’re also packed with tons of disease-fighting antioxidants.
- GREEN TEA—Try making a switch from java to green tea for the season. Tea infuses the body with polyphenols that elevate the all important immune system. Tea also hydrates, one of the best ways to keep your body healthy.

Read more about care during cold and flu season on page 12.

BREATHE CANCER AWARENESS
During October we recognize Breast Cancer Awareness Month. Take a moment to read up on a few FAQs about breast cancer risks.

Does smoking cause breast cancer?
Research in the last year (2012) has confirmed that smoking is a contributing risk factor for developing breast cancer. If you are a smoker, join a smoking cessation program to begin lowering your risk.

Can drinking alcohol increase the risk of breast cancer?
Alcohol increases estrogen in your bloodstream. One drink per day has been shown to slightly increase the risk of breast cancer. Having more than one drink per day has been shown to be a more significant risk factor.

What kind of impact does stress have on breast cancer?
Research studies show that traumatic events and losses can alter immune system functions. When immune functions are altered, cancer cells may have an opportunity to become established in the body. However, it all depends on how the individual reacts to stress. Developing stress relief strategies can go a long way toward lowering your risk.

Source: NationalBreastCancer.org

FRUITED BREAD PUDDING
Makes 6 Servings
- 6 slices whole wheat, cut into 1-inch cubes
- 1 each McIntosh apple and Bosc pear, cored and sliced (2 cups)
- 1 Tbsp. lemon juice
- 1/2 cup dried cranberries or raisins
- 3 cups skim or 1 percent milk
- 2 large eggs
- 1 large egg white
- 1/3 cup granulated sugar
- 1 tsp. vanilla extract
- 2 tsp. grated lemon rind
- 1/2 cup ground cinnamon
- 2 Tbsp. confectioners sugar, sifted (optional)
- Vegetable cooking spray

Prepare 11 x 9 x 2 inch baking dish. Scatter half the bread cubes on the bottom. In medium bowl, toss fruit with lemon juice and dried cranberries. Spoon the fruit over bread and top with remaining bread. In large bowl, whisk together milk, eggs, egg white, granulated sugar, vanilla, lemon rind and cinnamon and pour mixture over the bread, pressing cubes with back of spoon to soak them completely. Cover with aluminum foil and let stand for 30 minutes at room temperature or overnight in the refrigerator.

Preheat oven to 350 degrees. Set a baking dish in large pan and add enough hot water to come halfway up the sides of the dish. Cover and bake for 30 minutes. Uncover and bake 30 minutes more or until puffed and golden. Let cool to warm, then dust with confectioners sugar, if desired.

Nutritional Information Per Serving
Calories ......................... 246
Fat .......................... 3 grams
Saturated ..................... 1 gram
Cholesterol ................... 73 mg
Sodium .......................... 272 mg
Fiber .......................... 5.2 grams

Choose a health care provider that supports healthy habits. Learn more about Baptist Health Care at eBaptistHealthCare.org.
RECIPE FOR A HEALTHY COMMUNITY

LOCALLY GOVERNED, NATIONALLY CONNECTED, VALUES DRIVEN

What are the ingredients of a healthy community? Health care systems around the nation are striving to sustain good health in their communities while balancing the challenges of health care reform. So what are the secret ingredients to success?

The first ingredient to ensuring a healthy community is a local health care provider who has a vested interest in its neighbors. A locally governed health system does not answer to far away board members. It answers to the community it serves. Baptist Health Care was started more than 60 years ago by a handful of local leaders who embraced Christian values and a strong desire to help others. Today that legacy lives on and is evident in the organization’s mission statement: to provide superior service based on Christian values to improve the quality of life for people and communities served.

The organization is supported by expert physicians and approximately 6,700 caring team members working in various roles to ensure good community health. Baptist’s corporate office is located in Pensacola, Fla. Our leaders live and work in the community and have a fundamental understanding of the challenges unique to our area. Along with our volunteer board members, these supporters have a personal interest in ensuring the Gulf Coast area is a healthy place to call home—now and in the future.

The second ingredient is a national connection to medical research and clinical innovation. A relationship like this can bring home additional expertise for residents who may be experiencing very challenging health issues and help them avoid traveling out of the region.

In July, Baptist Health Care became a member of the Mayo Clinic Care Network. Baptist and Mayo Clinic share similar patient-centered values and cultures. As a network member, the organization now has access to tools such as AskMayoExpert and eConsults. Now when the need arises, local physicians can electronically consult with Mayo physicians to help patients heal in the comfort of their own community near home, family and friends.

A third ingredient is a strong value system that drives the organization. Not-for-profit health care systems, such as Baptist, don’t strive to meet demanding profit margins for stockholders. We reinvest in the health care system to remain a viable organization for the sole purpose of improving our community’s health. While remaining flexible in this era of ever-evolving health care reform, Baptist maintains a strong value system that keeps our caregivers focused on the patient.

There are many ingredients that contribute to a healthy community. For Baptist, being locally owned, nationally connected and having a value-driven culture are fundamental to a recipe for great care.

Mark Faulkner, president and CEO of Baptist Health Care, receives a crystal plaque presented to the organization by Stephen M. Lange, M.D., Assistant Professor of Medicine, Mayo Medical School, Mayo Clinic and Southeast Medical Director, Mayo Clinic Care Network. The plaque represents the beginning of a new relationship that will help shape health care for the region.

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Learn more about healthy living by visiting eBaptistHealthCare.org.

If you need a physician who lives by a patient-centered creed, visit BaptistMedicalGroup.org to meet our team.
**AN OUNCE OF PREVENTION**

We take our cars in for regular oil changes and tune-ups, our dogs to the groomer, visit the dentist for regular cleanings, and put other things on our calendars that count as basic maintenance. So why do so many of us only visit the doctor when we’re very sick and can’t “fix it” on our own? Preventive health matters and your well-being should be tops on your list of priorities.

Many insurance providers cover preventive health. Wellness visits also are completely covered by Medicare, but in 2012 only 9 percent of Medicare beneficiaries took advantage of this benefit. It is very important to establish a primary care physician and receive the necessary preventive care to be well, and open enrollment is the perfect time to be sure you are covered.

Cheryl Jeffries, M.D., an internal medicine physician with Baptist Medical Group, believes preventive health visits are the best way to maintain a good quality of life. “I think that many patients are not yet aware of these preventive benefits, and are not requesting or scheduling appointments to have the wellness exams completed,” says Dr. Jeffries.

**10 Preventive Health Priorities**

**Stop smoking.** Heart disease is the biggest killer in our country and smoking is the leading cause of heart disease. If you make one change in your lifestyle, making the choice to stop smoking should be it.

**Heart disease.** There are plenty of preventive health measures you can take to lower your risk of heart disease. Ask your doctor about what you should be doing in terms of blood pressure control, cholesterol control and weight loss. Your doctor may also recommend a daily dose of aspirin.

**Colorectal cancer screening.** The third most common cancer killer in the U.S. can be easily treated if caught early with a colonoscopy. The current recommendation is to begin screening at age 50, but if you have a history of colorectal cancer in your family, it’s a good idea to start sooner.

**Hypertension.** With just a blood pressure check you can detect high blood pressure early and treat it now, staving off the worst outcomes like heart attack and stroke. The problem with high blood pressure is it’s often without symptoms. Checking it every year will ensure hypertension doesn’t creep up and cause serious problems.

**Immunizations.** The annual flu shot and a pneumonia vaccine are the important ones for your age range. Depending on age, you may also need a meningitis vaccine and an annual tetanus booster.

**Alcohol screening and counseling.** Alcohol abuse leads to a wide range of problems, including accidents, abuse, depression and liver disease. Your doctor can conduct a simple screening to find out if you’re at risk.

**Vision screening.** Fifty percent of adults 65 or older have vision problems. An annual eye exam can conduct a simple screening to find out if you’re at risk.

**Blood pressure.** Did you know you lose about 10 percent of your life expectancy for each point over 120 mm Hg systolic blood pressure? (The normal range is less than 120/80.) A yearly check can detect high blood pressure early and treat it now.

**BMI (body mass index).** Are you at the healthy weight for your height? A BMI of 18.5 to 24.9 is considered healthy. If you have a BMI of 25 or above, you should talk to your doctor about what you need to do to achieve a healthy weight.

**Screening mammogram.** Breast cancer is the second most common cancer in women. If detected early it can often be successfully treated. Talk to your doctor about how often you should conduct breast self-examinations and schedule mammograms to ensure early detection.

**Breast cancer screening.** Breast cancer screening is recommended for women ages 40 and older. A complete breast examination and a yearly mammogram are recommended.

**Cholesterol screening.** High cholesterol is the second most common cause of death in the U.S., and more than half of all Americans have high cholesterol. Start with the screening test your doctor recommends for you.

**Colonoscopy.** Colon cancer screening is recommended for men and women age 50 or older. This test can detect cancer early, when it’s most curable.

“Ben Franklin was credited with the saying, ‘an ounce of prevention is worth a pound of cure’ and I am in absolute agreement. Five chronic diseases [heart disease, stroke, cancer, chronic lung disease and diabetes] account for approximately 80 percent of health care costs and 70 percent of all U.S. deaths. The good news is that these same five diseases are also the most preventable, with lifestyle changes, appropriate screenings, early detection and compliance with treatment protocols after early detection.”

—Cheryl Jeffries, M.D.

I would encourage everyone to take advantage of these wellness benefits, because it has been proven in multiple clinical trials that preventive intervention, appropriate screenings and early detection save lives.

Health insurance open enrollment occurs once a year. Now is the time to take a good look at your insurance coverage and make the changes necessary to ensure your needs are being met. This includes having a primary care physician who can serve your preventive health needs.

Dr. Jeffries is excited that Medicare and other insurance companies are providing wellness visit coverage, and wishes more people would take advantage of it. “During a preventive health visit in my office, a patient can expect me and my staff to review their previous medical and surgical history, their family history, their work history as it may apply to their health, their current social situation and support network as well as their tobacco, alcohol and drug use history,” says Dr. Jeffries. “We will discuss their immunization history, and determine when they last had appropriate screenings such as a pap smear, digital rectal exam, colonoscopy, mammogram, prostate cancer screening or bone density exam.”

Blood pressure, height and weight will be recorded at a wellness exam, and an age-appropriate physical exam will be conducted. Patients also can expect to talk about medications, life changes and other information that will help create a customized prevention plan.

“We then conclude the visit with some recommendations regarding additional preventive screenings, diet and exercise recommendations, smoking cessation recommendations and a follow up plan,” says Dr. Jeffries. “We take it one step at a time. We meet patients where they are, and negotiate an action plan with them to improve their overall health and well-being.”

Open enrollment is a great opportunity to take a look at your insurance plan to learn more about your coverage and make sure wellness visits and preventive health screenings are covered. Start the process of addressing health concerns for your loved ones by selecting a physician who is a good fit for your family.

Baptist Medical Group offers a wide range of physicians who provide personalized care for thousands of families living in the Gulf Coast region. Visit BaptistMedicalGroup.org to learn more.

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—Cheryl Jeffries, M.D.
Growing up without a stable home is leaving many Florida foster teenagers without the support they need during this challenging time in their lives. A foster home can provide the caring, loving environment a young person needs while also proving to be a very rewarding experience for the foster parents.

According to the state of Florida, 60 percent of teenage foster children live in group homes. While group homes serve an important role in caring for Florida’s displaced children, a stable, reliable foster parent(s) is always the ideal situation when the biological parents are unable to provide care.

Chelsea Bramblett serves as secretary of Florida Youth SHINE (Striving High for Independence and Empowerment), a statewide, youth-driven group that advocates for minors in foster care.

Having spent three years in foster care as a teen, Chelsea understands the obstacles and challenges that a foster youth can face and believes strongly in the value of a stable foster family.

“During my time in foster care I experienced a lifestyle that taught me a wide variety of life skills,” says Chelsea. “I now have an assortment of coping and relationship skills. I am also able to manage my money thanks to my foster mother teaching me the importance of a dollar.”

In the past, Florida’s foster children have “aged out” of the system at age 18. There’s a lot to learn about living life on your own. A young person needs to understand how to pay bills, set up a home, hold a job or attend college. These are basic life skills.

A loving, safe foster home also provides a level of emotional comfort for teens that can help build confidence. “Children who live in unstable home environments are affected emotionally and socially; these youth are often on what seems like an emotional roller coaster and have difficulties developing adequate social skills,” says Chelsea. “When youth are placed in a stable foster home, these deficiencies in emotional and social skills are often reduced, if not eradicated completely.”

Thankfully, some Florida youth will be spared the full responsibilities that come with complete independence until they are 21. A new law that takes effect Jan. 1, 2014 will allow teens to remain in their foster home until turning 21. This extra time will give foster children access to support systems similar to those of non-foster children and ease the transition to a fully independent life.

It’s important to have a family you can reach out to or enjoy the holidays with. A loving foster parent can ensure that experience—for a lifetime.

“My foster parents played a significant role in my life,” says Chelsea. “Even after aging out of foster care, I maintain a close relationship with them. I was given the reward of a second family.”

If you can help a young person in foster care, there’s no better time to learn more than now.

SPONSORED BY LAKEVIEW CENTER AND THE STATE OF FLORIDA, DEPARTMENT OF CHILDREN AND FAMILIES

For more information on how to become a foster parent, please call 850.453.7777 or visit FamiliesFirstNetwork.org.
As cold temperatures gradually find their way into our days, you may find them accompanied by an unwelcome visitor—joint pain. Pain in the hip or knee caused by damage from arthritis, injury or a chronic condition can put a damper on the outdoor activities of fall or simply everyday life. Total joint replacement (TJR), a routine procedure, can go a long way toward improving the quality of life, regardless of the season. When done correctly the first time, the prosthetic joints used in TJR can last 20 or more years. That’s a lot of years of increased comfort.

The time to consider TJR is when the discomfort in your joint is severe enough to make you avoid using it. Eventually the lack of use will cause the surrounding muscles to weaken, worsening the problem and making it difficult to carry out everyday activities.

The most important thing to consider when choosing a surgeon is finding one who specializes in TJR and has hundreds of cases worth of experience. It’s also a good idea to ask about overall success rates, including infection rates, readmissions and complications. Revision surgeries should be avoided.

Daxton Steele, M.D., Andrews Institute Total Joint Center, specializes specifically in hip and knee replacements. “Minimally invasive total joint surgery has gained some attention recently due to the fact that patients have two smaller incisions rather than one slightly larger incision. However, traditional techniques typically have better success,” said Dr. Steele. “Minimally invasive TJR surgery leaves surgeons with a smaller field of vision, not enough room to always angle the instruments properly and sometimes higher infection rates because the skin doesn’t always heal the way it should. With traditional TJR, I can go in and do it right the first time.”

Results of a TJR can be dramatic. “I’ve had patients come see me in a wheelchair and a short time later they were walking,” said Dr. Steele. “They share stories of being able to have fun with their grandkids again and tell me that I ‘saved their life.’ It’s extremely gratifying to see people have such a turnaround in their quality of life and overall demeanor.”

Orthopaedic surgeons perform more than 1 million TJR surgeries every year, giving patients the opportunity to fully enjoy their lives. If you find you’re curtailing activities due to joint pain, it’s time to talk with a surgeon. TJR might be just the thing to get you moving again.

The Andrews Institute Total Joint Center has a success rate of greater than 99 percent.

To schedule a consultation with Dr. Steele or another joint replacement surgeon, call the Andrews Institute Total Joint Center at 850.916.8400 or go to AndrewsTotalJointCenter.com.
Shared rooms have been the norm in hospitals since their establishment. In the early days of hospital care, facilities offered large wards with patients placed right next to one another—male, female, contagious, non-contagious, talkative, cantankerous, overly friendly and possibly nosey. Even Florence Nightingale argued that a 30-person ward was efficient because it allowed easier supervision by nurses and doctors. Hospitals eventually migrated to a four-bed room model. Later, a double-person occupancy model was adopted as the standard so that only two patients were in a room at one time. That’s progress, but when you add in visiting family members and friends, it’s still a little crowded, don’t you think?

Given the choice, when most of us aren’t feeling our best, we choose to be alone to rest and recuperate. If you’re in a Baptist Health Care hospital, that’s exactly what you will have—a room all to yourself.

Baptist Health Care now guarantees a private room to every patient staying at any of its four hospitals throughout the Gulf Coast region. Having a room to yourself offers improved relaxation to help you heal in comfort and privacy when your loved ones come to visit.

“Private rooms promote better rest, limit noise and provide privacy for patients and their visitors,” says Mark Faulkner, president and CEO, BHC. “No one looks forward to a hospital stay, but when you need this level of care, you can depend on patient-centered service at Baptist. Our rooms are designed for healing.”

When you require hospitalization, Baptist Health Care wants you to be as comfortable as possible, and we’re pleased to provide this greater level of care for you and all patients in the region.

See a video announcement of private rooms at Baptist Health Care or learn more by visiting eBaptistHealthCare.org or call 850.434.4080.
THINK PINK
OCTOBER IS BREAST CANCER AWARENESS MONTH

The month of October is a time to don our pink ribbons and raise awareness about breast cancer. It also is a good reminder to schedule a mammogram. Women in all stages of life should know what to expect from a mammogram and work with their doctor to put together a personalized mammogram schedule. Everyone is different. Here are a few things you should know about mammograms so you can make the decisions that are best for you.

What is a mammogram?
A mammogram is an X-ray taken of each breast that can be used to screen an asymptomatic breast for abnormalities or used as part of the diagnosis process to investigate changes in the breast such as a lump, pain, unusual skin appearance, nipple thickening or nipple discharge.

How often should you have a mammogram?
Medical experts have differing opinions on how often women should schedule their mammograms. Most, including the American Cancer Society, recommend mammograms every year for women starting at age 40. If you have a history of breast cancer in your family or other risk factors, your physician may suggest you begin having mammograms before the age of 40.

What can you expect from a mammogram and how should you prepare?

Each breast is pressed between two hard plates to spread out the breast tissue. This is necessary in order to obtain the clearest images. Then several pictures from different angles are taken of each breast. The compression is done as gently as possible but there may be some discomfort. It is a good idea to schedule a mammogram when your breasts are least tender (after the menstrual cycle), and you may want to take an over-the-counter pain medication about an hour before the mammogram to ease discomfort.

Do not use deodorants, perfumes or creams on your breasts or under your arms prior to the test, since metallic particles can show up in the images and cause confusion. Wearing a two-piece outfit makes it easier to change into the dressing gown for the X-ray.

Regardless of your age, it’s never too early to discuss breast health with your physician. Education and early detection and treatment go a long way toward prevention and treatment.

Register for one of our programs and learn more about breast cancer. Call 850.469.7897 to reserve your seat.

Women’s Breast Health

- Leslie Sanders, M.D., Baptist Towers Medical Meeting Rooms, Avery Street Entrance; Wed., Oct. 9, 11:30 a.m. lunch; 12–1 p.m. seminar

Breast Cancer Awareness

- James Adams, M.D., radiation oncology, Baptist Hospital, Baptist Medical Park, 8880 Navarre Parkway, 2nd Floor Conference Room, Fri., Oct. 11, 9–10 a.m.
- Nutan DeJoubner, M.D., oncology, Baptist Medical Group, Jay Community Center, 5259 Booker Lane, Wed., Oct. 16, 9:30–10:30 a.m.
- Donna Johnston, director of cancer services, Baptist Hospital, Atmore Community Hospital, 401 Medical Park Drive, Mayson Auditorium Wed., Oct. 23, 9:30–10:30 a.m.
- Sherif Ibrahim, M.D., hematology oncology, Baptist Medical Group Baptist Medical Park, 9400 University Parkway, Azalea Room, Thurs., Oct. 24, 11:30 a.m. lunch; 12–1 p.m. seminar

To schedule a mammogram e-Reminder or online appointment visit eBaptistHealthCare.org/Mammography. Or by phone, call 850.469.7500 and press option 1.
Influenza causes more than 200,000 people in the U.S. to be hospitalized every year and about 36,000 die from flu-related causes. Prevention is extremely important. The experts know best what can help prevent the flu. Internal medicine and family medicine physicians of Baptist Medical Group are sharing a few tips to help you and your family avoid the flu this season and keep all families along the Gulf Coast healthier. As they say, an ounce of prevention is worth a pound of cure.

**WASH YOUR HANDS** Germs can live on surfaces for a lot longer than we would like to think, some up to two hours. "Proper hand washing is vital in preventing the spread of infection," says Mark Thiele, M.D., a board certified family medicine physician at Baptist Medical Park–Nine Mile.

Dr. Thiele encourages patients to follow these easy steps to ensure proper hand washing: Wet hands with warm water. Using an antibacterial soap, lather your hands well, making sure to cover all surfaces including wrists, palms, back of your hands, fingers and under your fingernails. Be sure to rub your hands together for at least 20 seconds. Rinse your hands with clean water and dry them completely with a clean towel.

**COVER THE COUGH** When you feel the need to cough or even sneeze, practice good manners and good health by coughing into your elbow or sleeve or into a tissue to prevent the wide spread of germs. "Simply covering your cough helps lessen the spread of disease," says board certified internal medicine physician Logan Richards, M.D., in Gulf Breeze. Dr. Richards also recommends you avoid touching your eyes, nose and mouth and avoid interaction with those who have fallen ill, as it helps prevent the spread of germs and illness.

**GET A FLU SHOT** The flu shot is an excellent, safe way to help you prevent contracting the flu, says board certified family medicine physician Josh Davis, M.D., in Pace. "The flu shot is relatively low-cost, easy to get and known to be effective in preventing certain strains of the virus. I recommend all high-risk patients such as youth and elderly get a flu shot," says Dr. Davis. It's also key to understand that flu viruses change, so annual shots help ensure you're protected against the latest strains.

**MAKE HEALTHY CHOICES** Living a healthy lifestyle by staying active and eating healthy foods can help you not get bogged down by the cold or flu. "General healthy eating and healthy living habits like exercise help strengthen your immune system, keeping some illnesses like the flu at bay," states Munia Mian, M.D., a board certified pediatrics and family medicine physician in Pensacola. "Drink plenty of water and eat your fruits and vegetables. Also try to get plenty of sleep and 30 minutes of exercise a day whenever possible."

**SEEK CARE** If you do find yourself or a loved one feeling ill, seek care. Urgent care physician Richard Russo, M.D., explains, "Seeking care of a physician is always recommended when you or a family member feels ill. If your primary care physician's office is closed, consider visiting an urgent care center or family medicine practice that offers urgent care or walk-in services." Many urgent care and walk-in care centers serve the Gulf Coast area, including Baptist Walk-In Care on Nine Mile Road in Pensacola, on Navarre Parkway in Navarre and on Medical Park Drive in Atmore, Ala.

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### WINTER TEA RECIPE

Getting plenty of rest also is important to good health. Take some time to relax this winter with a delicious cup of hot tea!

- 8 cups water
- 8 slices fresh ginger
- 12 sage leaves, fresh or dried
- 3 rosemary sprigs, fresh
- 3 fresh thyme sprigs, fresh (optional)
- 1 lemon, juice of
- 2 cinnamon sticks
- 3 tbsp. honey

**Directions:**

Place all ingredients (except honey) in a large pot. Bring to a boil. Turn off heat and steep for about 10 minutes. Strain into a pitcher. Stir in honey while still warm. Store the pitcher in the refrigerator. Reheat one cup at a time in the microwave, adding more honey to taste, if desired. Drink twice a day, breathing steam through nose, for maximum benefit.

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**BAPTIST URGENT CARE LOCATIONS**

**Baptist Medical Park–Nine Mile**
9400 University Parkway, Pensacola, Fla.
850.208.6130
7 a.m. to 7 p.m. weekdays
8 a.m. to 3 p.m. Saturdays

**Baptist Medical Park–Navarre**
8888 Navarre Parkway, Navarre, Fla.
850.437.8800
7 a.m. to 7 p.m. weekdays
8 a.m. to 3 p.m. Saturdays

**ACH MedPlus**
406 Medical Park Drive, Atmore, Ala.
251.368.6245
3 to 9 p.m. weekdays
9 a.m. to 3 p.m. Saturdays
1 to 7 p.m. Sundays

Visit [eBaptistHealthCare.org/UrgentCare](http://eBaptistHealthCare.org/UrgentCare) to learn more.
in the news

NOTEWORTHY PEOPLE, PROJECTS AND AWARDS AT BAPTIST HEALTH CARE

MAYO CLINIC CARE NETWORK MEMBERSHIP ANNOUNCED

In July, Baptist Health Care (BHC) announced its new membership in the Mayo Clinic Care Network.

This network membership gives patients:

• Increased resources at the point of care here in our community.
• Physician access to Mayo Clinic knowledge and expertise.
• The resources to receive care closer to home.

Membership in the Mayo Clinic Care Network fosters greater physician collaboration to better provide quality health care close to home, often for some of the most challenging and complex medical conditions. Learn more about this exciting clinical collaboration on page 4.

TOBACCO-FREE HIRING POLICY

Baptist Health Care (BHC) is offering team members a breath of fresh air! The organization has adopted a tobacco-free hiring policy to become effective Jan. 1, 2014. The policy applies to all BHC entities with the exception of Gulf Coast Enterprises (GCE), which adheres to specialized hiring processes. Current employees who use tobacco products will not be affected by the policy. However, to encourage healthy lifestyles, the organization is offering tobacco cessation assistance to existing employees.

BHC recently worked with the Partnership for a Healthy Community (PFACHC) on an assessment of the state of health in the two-county area that includes Escambia and Santa Rosa counties. Results revealed discouraging statistics related to tobacco use, obesity and health management.

As part of their commitment to a healthy community, leadership at BHC agreed not to hire people who smoke or use other tobacco products.

BHC campuses became smoke-free in 2010. The hiring policy is another step in helping support a healthy workforce.

Cardiology Consultants expands heart and vascular services

Cardiology Health and Cardiology Consultants have expanded their heart and vascular services with a new office location at 1851 North McKenzie Street, Suite 202 in Foley, Ala., giving South Baldwin residents convenient access to the region’s best and most trusted heart and vascular care team.

As part of this growth, experienced cardiologist and Fairhope, Ala. resident, William Denney, M.D., F.A.C.C., has joined the Cardiology Consultants team and is dedicated to seeing patients at the new Foley office five days a week.

The Foley expansion marks the 10th regional office location for Cardiology Consultants. Additional offices are located throughout northwest Florida and south Alabama communities, including Pensacola, Gulf Breeze, Navarre, Jay, Brewton and Atmore.

To make an appointment for heart or vascular care, call Cardiology Consultants at 850.484.6500 or visit CardiologyConsultants.com to learn more about physicians, services and office locations.

CEO MAKES POWER LIST

BHC President and CEO Makes 2013 Power List

BHC President and CEO Mark T. Faulkner made the Independent News Power List for 2013. Faulkner got his start as an administrative resident at BHC and has now served our community for more than 20 years. In June 2012, he was selected by the board of directors to succeed Al Stubblefield, FACHE, as the new president and CEO of the organization. Since 2007, the Independent News has ranked the most influential people in the Greater Pensacola Area.

PRIVATE ROOMS

As part of a system-wide initiative to enhance the patient experience, Baptist Health Care (BHC) now offers private rooms to all patients at all four of our hospitals: Baptist, Gulf Breeze, Atmore, Community and Jay. BHC recognizes that comfort is vital to the healing process.

Read more about private rooms on page 10, and visit eBaptistHealthCare.org to find out more about your community’s only locally owned, nationally recognized health care system.

37th Annual Women’s Board Fashion Show

Support your community by taking part in this red carpet extravaganza—it will make you look fabulous! Proceeds from the fashion show support the Mission of Baptist Health Care to improve the quality of life for our community. For more information, contact Heather Moorer at 850.469.7419 or Heather.Moorer@bhcpns.org.

GULF COAST HEALTH & LIFE
Part of our self-assigned roles as women is to ensure a healthy quality of life for ourselves and our loved ones. We won’t settle for anything less than expert physicians who are passionate about delivering care. Meet Leslie Sanders, M.D., and Taylor Mader, M.D., two physicians who put patients first. Both women are the newest members of the Baptist Medical Group specialist physician network.

Dr. Sanders specializes in all facets of women’s health care, and Dr. Mader is a caring rheumatologist. The doctors open up in this Q&A and share a little bit about themselves and their passion for ensuring patients receive the highest level of care possible.

**A Conversation with Dr. Sanders**
Dr. Sanders is an obstetrician/gynecologist. She considers it a privilege to play such an integral role in women’s lives.

**How would a patient describe you?**
I think they would say I’m very down-to-earth. My hope is that they see my compassion and skill as well.

**What is one thing about your specialty that most people don’t realize?**
We take care of many aspects of women’s health, not just pregnancy.

**What is your proudest moment as a doctor?**
Wow. I have many happy moments on a daily basis, because it’s so rewarding to help women maintain healthy lives. But I do recall a patient who thanked me for giving her life back after a hysterectomy. I felt honored.

**What are your top priorities with every patient you see?**
At the end of the day, I just want all of my patients to feel like their care is personalized and to know that I give them 110 percent every visit.

**What else should Pensacola know about you?**
I love the FSU Seminoles and the beach. And ... my cat, Romeo!

**A Conversation with Dr. Mader**
Dr. Mader is a board certified rheumatologist who cares for her patients as if they were family with the intention of keeping patients in tip-top shape so they can lead vibrant, fulfilling lives.

**How would a patient describe you?**
Well, I think it’s important to be a caring and committed person with every patient. Health care is very personal. It’s also critical to be very competent at what you do.

**What is one thing about your specialty that most people don’t realize?**
Rheumatology is about a lot more than just “arthritis.” We treat a wide spectrum of systemic diseases including scleroderma, lupus, osteoarthritis, osteoporosis, rheumatoid arthritis and gout.

**What’s your proudest moment as a doctor?**
I was able to determine a patient’s diagnosis that had gone unrecognized for years. It was rewarding to watch her improve with the appropriate treatment.

**What are your top priorities with every patient you see?**
I listen closely to my patients and then make sure that they understand and are on board with their plan of care.

**What’s one thing you want Pensacola to know about you?**
I’m very happy to be here!
ALL THINGS AUTUMN

In autumn we look forward to cooler temperatures, seasonal foods and the holidays. But did you know autumn also is the perfect time to take a good look at your health? Let Baptist Health Care help you take the pulse of your total health awareness.

Hopefully, Prostate Awareness Month (September) prompted the men in your family to schedule a prostate exam. If they didn’t, it’s not too late to schedule one now. Today, one out of six men will get prostate cancer. But with early detection and advances in treatment, it is highly treatable. Encourage the men in your life to schedule an annual exam. Get them started by signing up for yearly e-reminders to help them stay on track, visit ebaptisthealthcare.org/CancerProgram.

During October, women will be hearing about breast health. Breast Cancer Awareness Month rolls around each year and reminds us to schedule our mammograms. Starting at age 40, women should schedule an annual mammogram. If you have a family history of breast cancer, talk to your doctor about scheduling yearly mammograms even sooner. Women in their 20s and 30s should schedule clinical breast exams every three years. Visit ebaptistHealthCare.org/WomensServices to schedule your mammogram today. Also try to join us for this year’s annual Making Strides Against Breast Cancer walk. Baptist Health Care is a pink premier sponsor of the event, and it’s a lot of fun. Take a look at photos from last year’s walk by visiting makingstrideswalk.org/Pensacola.

On November 23, we observe National Adoption Day. If you are considering expanding your family or simply want to give a child a safe and nurturing home, now’s the time. The gift of a loving home is the ultimate way to give back. Opportunities also are available to assist children in foster care, because everyone deserves a happy, healthy life.

During this time of year we try to give back a little more to our families and our community. As an organization whose foundation is based on Christian values, Baptist Health Care especially treasures this time of year. We understand the importance of leading a healthy life and extending a hand to help others do the same. Giving back makes us all feel better.

Regardless of what health topic comes to mind, autumn is the perfect time to take the pulse of your family’s health and implement healthy habits. Make plans to join us for a walk that benefits a good cause or seize other opportunities to help your neighbors so that we can all live in a healthy community!

Source: cancer.org

Support a Great Cause

Making Strides Against Breast Cancer Walk
Sat., Oct. 26, 8 a.m., Cordova Mall, 5100 N. 9th Ave., Pensacola. For more information contact Lori Perkins at 850.266.2296 or Lori.Perkins@cancer.org.

Footprints to a Forever Family 5K Run/Walk
Sat., Nov. 2, 8:30 a.m., University of West Florida campus—food, music and fun following the 5K. For information or to register call 850.453.7745 or visit Footprints5kRun-Walk.kintera.org.

Art of Adoption Reception
The Heart Gallery Project of the Gulf Coast; an exhibition of photographs of children waiting for adoption. Fri., Nov 15, 5–9 p.m., held in conjunction with Gallery Night. For information, call Peggy Custred at 850.453.7745.

Operation Santa
Help ensure a holiday smile for struggling families and children who have experienced abuse or neglect. Pick up an extra toy or gift card while you shop, sponsor a child or simply make a monetary donation. Gift drop-off is ongoing through the fall with a deadline of Fri., Dec. 13. For details, call Linda Roush at 850.453.7745.