Finding the Right Cancer Support Services

No Appointment? NO PROBLEM.

You May Be Surprised to Know When You Need a NEUROSURGEON

Understanding Sciatica and Finding Relief

Control is in YOUR Hands
You’ll be glad you read this edition of Gulf Coast Healthy Living because it sheds light on new ways of providing convenience and support for families living along the Gulf Coast.

One way is by coupling urgent care with the support of primary care physicians (page 7). Known as open-access practices, our Baptist Medical Group locations offer the care you need, when you need it, in your neighborhood and delivered by experienced and caring local physicians and staff.

Another way is to provide support for patients and families coping with a serious disease. Treatment is one thing, but the emotional support that families need is just as important. Read about our cancer support services such as support groups and education classes (page 6). We’ve also made it easier for patients requiring musculoskeletal treatments whether the need is therapeutic or surgical. Now, Baptist Health Care offers convenient access to a complete array of services. Learn more about our expert physicians, locations and our wide array of services (pages 8 – 10).

We also share the compelling story of one community member, Mr. Kafka, who has devoted his life to his five adopted sons (page 12.) If you’ve ever wanted to help someone, adoption is probably the ultimate gift. Mr. Kafka’s story might help you make that decision.

Last but not least, we have a special bonus for you. We spoke with our very own world-renowned orthopaedic surgeon, Dr. James Andrews, and got a glimpse into what it really means to be passionate about health care from a doctor’s perspective. You’ll love what this Baptist Health Care physician says about establishing life’s priorities (page 13).

I think everyone could use a little extra convenience, support and encouragement from time to time. Please know that Baptist Health Care is focused on those things because your quality of life is important. As the fall months provide cool comfort from the summer heat, I hope that our efforts to serve you better do the same.

Have a peaceful, joyful and healthy autumn season!

Mark Faulkner
President and Chief Executive Officer
Baptist Health Care
HEALTHY HABITS

BACK-TO-SCHOOL MEANS TIME FOR RULES

School is back in session and so is the flu.
Help prevent influenza in your children by teaching them five important rules:

1. Frequently wash your hands for at least 20 seconds with soap and water, or if that’s not available, use an alcohol-based hand rub.
2. Avoid touching your eyes, nose and mouth. This is how germs spread.
3. Cover coughs and sneezes with a tissue. Then throw the tissue away.
4. Stay away from people who are sick.
5. See your primary care physician and get vaccinated before flu season is in full force. If you need a primary care doctor, call Baptist Medical Group at 850.437.8600 or visit BaptistMedicalGroup.org.

PROTECT YOURSELF FROM BREAST CANCER.

October is Breast Cancer Awareness Month. Protect yourself from breast cancer with four simple steps.

1. Monitor alcohol consumption – If you enjoy an occasional glass of wine, take the time to measure out five ounces — the recommended daily limit. Two or more drinks a day have been shown to raise the risk of breast cancer by at least 20 percent.
2. Break a sweat – Studies show that exercise reduces the risk of breast cancer by up to 25 percent. It isn’t clear why it has such a dramatic effect, but it may be because regular, vigorous activity affects the way a woman’s body handles estrogen. Any amount of exercise helps, but in this case, more is better.
3. Know your breast tissue density – Dense breast tissue has more fibrous and glandular tissue and less fat, making it more difficult for a mammogram to detect breast tumors. Ask your doctor if you fall into this category and what you can do to monitor for cancer.
4. Get a mammogram – Speak with your doctor about scheduling a mammogram. Some insurance plans provide one free mammogram screening as part of your annual preventive care plan.

They all have Type 2 diabetes.

During November we recognize American Diabetes Month and raise awareness about the disease. Type 2 diabetes, also called adult onset diabetes, occurs when your body stops effectively using insulin to maintain normal blood glucose levels. Some people may be able to control Type 2 diabetes with diet and exercise. Some cases may require medication. Your primary care doctor can help guide you.


WHO WOULD HAVE GUESSED?

Do you know what these four celebrities have in common?

- Tom Hanks, actor
- Halle Berry, actor
- Larry King, talk show host
- Randy Jackson, American Idol judge

From EverydayHealth.com.

They all have Type 2 diabetes.

During November we recognize American Diabetes Month and raise awareness about the disease. Type 2 diabetes, also called adult onset diabetes, occurs when your body stops effectively using insulin to maintain normal blood glucose levels. Some people may be able to control Type 2 diabetes with diet and exercise. Some cases may require medication. Your primary care doctor can help guide you.


WORK IT!

Typing, writing, driving, lifting, pushing — our wrists get quite a workout during a day’s time. It’s important to take care of them. Try this office-friendly wrist stretch to rejuvenate throughout the day.
Last year, Baptist Health Care (BHC) recognized the significant benefits that would be gained by the community if we made a national connection to clinical innovation and medical research. In July 2013, the organization became a member of the Mayo Clinic Care Network. The relationship is bringing home additional expertise to residents who may be experiencing challenging health issues, helping them to avoid traveling out of the region.

Many members of our community have taken notice, and while they never want to have a complicated health issue, they would consider this innovative service in order to receive care locally. A recent marketing survey showed that 68 percent of the community is aware of this collaboration and 25 percent are more likely to consider BHC as a result.

You can learn more about Baptist Health Care and Mayo Clinic Care Network by visiting eBaptistHealthCare.org/Mayo. Check out the videos and hear what our physician team has to say about their experience with this national leader in medical care, education and research.

WHAT ARE THE TOOLS?
• AskMayoExpert
• eConsults

Learn more about this collaboration and what it means for you.
Tour the

Mayo Clinic Mobile Exhibit

at Baptist Hospital

THURSDAY, OCT. 9

8 a.m. - 4 p.m.

Baptist Towers parking lot on W. Avery St.
1717 North E St., Pensacola, Fla.

Free blood glucose screening, 11 a.m. - 1 p.m.

Mayo Clinic is celebrating 150 years of service by sharing its story through an interactive, 1,000-square-foot mobile exhibit. The display is traveling the country and visiting communities throughout the U.S. and on Oct. 9, Baptist Health Care will host the exhibit in Pensacola.

All community members are invited to learn about this powerful legacy of care and how Baptist Health Care and Mayo Clinic are working together for families in the Gulf Coast area. Visit eBaptistHealthCare.org/Mayo for information about Baptist Health Care and Mayo Clinic.

Learn more about the traveling exhibit at http://150years.mayoclinic.org/mobile-exhibit.php
The ripples of a cancer diagnosis reach far and wide within a cancer patient’s life, affecting everything from work, to family, to plans for the future. Support services can help a family cope with cancer from the moment of diagnosis to handling the life changes that must take place during the healing process. We are blessed to have this support available to our community.

Educational Classes
What is cancer? What is chemotherapy or radiation? How can I cope with the side effects of treatment? What nutritional guidelines should I follow? An educational class will help you and your family and answer these questions.

Support Groups
Having cancer is hard, but knowing that others are experiencing the same thing can provide comfort. Support groups are open to both patients and their family members. Baptist Health Care offers cancer support groups in both Pensacola and Gulf Breeze.

Yoga for Cancer Patients
Yoga is a perfect fitness class for cancer patients. It enhances physical and emotional well-being and brings peace to many patients undergoing treatment. Yoga for cancer patients is not a cardiovascular workout, but instead focuses on stretching, relaxing and calming your inner mind.

Cancer Rehab
After cancer treatment, survivors often feel the need to get back to optimal health as soon as possible. Cancer rehab can help by providing therapeutic services such as cardiovascular and balance training, strengthening and stretching programs and pain management, as well as help establishing a home exercise and general fitness program. A patient may be referred to a cancer rehab program by his or her primary care physician or oncologist. Baptist Medical Group physicians refer patients to the Cancer Rehab and Wellness Program at Andrews Institute Rehabilitation.

Baptist Health Care offers the following cancer support services:

Patient and Family Cancer Support Group
2nd and 4th Tuesday of every month
5:30 to 7 p.m., Baptist Towers, Tower 3, Suite 233
3rd Wednesday of every month
2 to 3 p.m., Gulf Breeze Hospital, Administration Board Room, ground floor
For more information, call 850.469.2224.

Cancer 101 Education Class
1st and 3rd Tuesday of every month
2 to 4 p.m., Baptist Towers, Tower 3, Suite 233
Registration is required for this class.
Call 850.469.2224.

Gentle Yoga for Cancer Patients
Every Thursday, 3:45 to 5 p.m., The Core – Healthy Lives Wellness Center, 1901 N. E St.
$3 per session • For more information, call 850.469.7028.

Cancer Rehab and Wellness Program at Andrews Institute Rehabilitation
This program provides stretching, strengthening, and range of motion exercises; general cardiovascular conditioning; scar management and self-care techniques, as needed; lymphedema education and therapy; incontinence treatment; and help developing a home exercise program, among other therapies.

For more information, call 850.916.8700 or visit TheAndrewsInstitute.com/Rehabilitation.

To learn more about the cancer support services offered at Baptist Health Care, visit eBaptistHealthCare.org/CancerProgram.
No Appointment? NO PROBLEM.
Open-Access Family Medical Care

For some time, service-oriented industries have been putting customer convenience at the forefront of everything they do. You can do your banking, order a cake or trade stocks at two in the morning if you choose. However, not all health care companies have been quick to adopt this way of doing business. The great news is that Baptist Medical Group’s open-access care model is about to launch health care in our area into the 21st century. At an open-access family medicine and walk-in care clinic, patients enjoy a unique scheduling system that accommodates same day, next day and walk-in appointments for both primary care and urgent care-type needs. This model puts the focus on YOU, the patient.

Baptist Medical Group – Cordova
4775 Bayou Blvd., Pensacola, FL 32503 • 850.437.8485

What do you like personally about offering walk-in care and extended hours to your patients?
I appreciate the ability to see patients for both primary and urgent care needs because it allows me to build stronger relationships with them. By providing extended hours and walk-in appointments, I can provide a true medical home for our patients.

Layla Lundquist-Smith, M.D.

Is health care finally catching up to others in the service industry when it comes to customer convenience?
Yes! I think our open-access model is giving us a view of where medicine is headed – completely patient-oriented care. Rather than appointments scheduled around a physician’s schedule, this model allows care beyond the traditional 9-to-5 hours, including times before work or after school when patients and their families often need care the most.

Jose Murillo, M.D.

Baptist Medical Group Family Medicine & Walk-In Care – Navarre
8888 Navarre Parkway, Navarre, FL 32566 • 850.437.8800

Your practice used to be called Baptist Urgent Care – Navarre. What does this name change mean to patients?
We are now a facility for total patient care. By combining traditional primary care services with the convenient hours and access normally associated with an urgent care center, our practice can treat everything from a chronic disease (such as diabetes, hypertension and depression) to something as routine as a cold, flu or minor injury. We also provide health maintenance services such as Pap smears, screening labs and colonoscopy referrals, among others. We enjoy the variety of caring for our elderly patients, pediatric population and all in between!

Mark Benton, D.O.

As a provider, how do you accommodate a lot of walk-ins at one time?
Triage is used to see the most sick or injured first, but we’ll accommodate all in a timely manner that our patients will definitely appreciate. Our patient’s time is valuable and the trust they place in us cannot go unnoticed. We will provide high-quality care that is time-sensitive.

Charles Windfelder, PA-C

To request an appointment or to find an open-access family medicine and walk-in care office near you, visit BaptistMedicalGroup.org.
Are you kept up at night with low back pain? Are you being slowed down by sciatica (page 10) and its characteristic tingling or aching down the leg? It might be time to seek help and a neurosurgeon could be your best option. Capable of handling far more than brain surgery, neurosurgeons’ broad expertise allows them to treat the entire nervous system including brain, spine and nerves.

“The majority of my patients come to me with some form of chronic pain – back pain, neck pain, nerve pain in the arm or leg,” said Brett Reichwage, M.D., Baptist Medical Group neurosurgeon. “An excellent neurosurgeon is able to operate on all parts of the nervous system including the entire spine from the skull to the pelvis, the peripheral nerves and brain.”

While neurosurgeons are known for their skill in performing complex surgeries, they recommend non-surgical, conservative treatment options whenever possible.

“Physical therapy, pain management, massage therapy, chiropractic management or acupuncture. I believe in referring patients out for these services first before talking about elective surgery,” said Dr. Reichwage. “If surgery is necessary, however, we offer advancements in technology such as intraoperative CT scanning (O-arm) that help neurosurgeons achieve the highest quality outcomes for patients.”

Neurosurgeon Colby Maher, M.D., also a Baptist Medical Group neurosurgeon, is excited about two advancements in spine surgery that have evolved over the last 10 years.

“Minimally invasive procedures lead to better biomechanics and less pain,” said Dr. Maher. “And artificial disk technology gives us the ability to take out problem areas while preserving motion in that area of the spine. These are two areas of technology that are being implemented in our program.”

Once you decide to see a neurosurgeon you’ll want to choose the best one for your needs. Look for a neurosurgeon with extensive training and experience treating your condition. Perhaps most importantly, look for an excellent communicator. Dr. Maher believes clear communication is key to achieving excellent patient outcomes.

“Patients may come to us with preconceived notions or fears that spring from the unknown,” said Dr. Maher. “No matter what the situation, the key factor in a doctor-patient relationship is explaining the situation, the options and the level of risk associated with those options so everything is on the table.”

You and your neurosurgeon will review all the options and when necessary may collaborate with other specialists such as physical medicine and rehabilitation doctors (physiatrists), interventional pain medicine specialists and orthopaedic spine surgeons. These specialists work closely with one another, at the Andrews Institute Spine Center (page 10).
O-arm® technology is used to place spinal hardware such as pins and plates in the precise location using 3-D image guidance. While visualizing the bony anatomy, the neurosurgeon also is able to stay clear of delicate neurovascular structures, resulting in the best possible outcome and avoiding repeated surgeries. The Andrews Institute Spine Center and Baptist Hospital are the only facilities in the area that offer O-arm technology.

Your Neurosurgery Experts
BAPTIST MEDICAL GROUP – NEUROSURGERY

Amber S. Gordon, M.D.  Colby Maher, M.D.  Brett Reichwage, M.D.

Appointments available at the following locations by calling 850.469.0642.

Baptist Medical Towers
1717 North E Street
Suite 422
Pensacola, FL 32501

The Andrews Institute
1040 Gulf Breeze Parkway
Suite 205
Gulf Breeze, FL 32561

Baptist Medical Park – Nine Mile
9400 University Parkway
Suite 200
Pensacola, FL 32514

Call 850.469.0642 to make an appointment.
Understanding Sciatica... and Finding Relief

You probably know someone who has it. You may have it yourself. Signs of sciatica include pain radiating down the leg, numbness in the leg, back pain and leg weakness. More and more of us are learning about this condition as sedentary lifestyles become common and obesity rates grow.

Sciatica refers to the symptoms that result from abnormal pressure or injury to one or more of the nerve roots that form the sciatic nerve, which runs down each leg. Whether you suffer from sciatica or pain resulting from injury, tumor, arthritis or other condition, the Andrews Institute Spine Center has highly skilled doctors who will improve your condition and get you back to a higher quality of life with or without surgery.

Physicians at the Andrews Institute Spine Center provide customized surgical and non-surgical treatment plans ranging from minimally invasive spine surgery and complex spine surgery to less invasive treatments such as epidural steroid injections, facet joint injections, medial branch nerve blocks and radiofrequency ablation. The Andrews Institute Spine Center offers:

- Four physical medicine and rehabilitation doctors (also called physiatrists), two of whom are interventional pain medicine specialists
- Four neurosurgeons
- One orthopaedic spine surgeon

Offices are located at:
- Andrews Institute • Gulf Breeze
- Baptist Hospital • Pensacola
- Baptist Medical Park – Nine Mile • Pensacola

For more information about spinal conditions and spine surgery, you can find informative FAQs and videos at www.TheAndrewsInstitute.com/Patients.

Risk Factors for Sciatica

Age. Age-related changes in the spine, such as herniated disks and bone spurs, are the most common causes of sciatica.

Obesity. By increasing the stress on your spine, excess body weight may contribute to the spinal changes that trigger sciatica.

Occupation. A job that requires you to twist your back, carry heavy loads or drive a motor vehicle for long periods may play a role in sciatica, but there’s no conclusive evidence of this link.

Prolonged sitting. People who sit for prolonged periods or have a sedentary lifestyle are more likely to develop sciatica than active people.

Diabetes. This condition, which affects the way your body uses blood sugar, increases your risk of nerve damage.

SOURCE: MayoClinic.org

FACTOID

Worldwide 84 percent of people will suffer from low back pain at some point in their lives. In some of those cases, the pain will manifest in numbness or pain along the sciatic nerve which extends down each leg.

To make an appointment with one of our spine specialists, call 850.916.8700 or go online to www.TheAndrewsInstitute.com/Appointments.
How to Use Sugar Substitutes for a Healthy Holiday Season

Many people are concerned about sugar consumption, but may feel at a loss during the holiday season. They want to enjoy sweet treats at parties and enjoy baking for others, but they don’t want the trade-off to be high-sugar foods.

Healthy Lives coach Rachael Miller, found some interesting ways to substitute healthier options for refined sugar. “Some natural sweeteners taste great, but you need to know how to measure them when replacing refined sugar so as not to compromise flavor,” Rachael said.

While Rachael specializes in diabetes coaching, she does not necessarily recommend these substitutions for diabetics. It’s important for diabetics to meet with their doctor to determine the best nutrition plan for their needs.

These are the tips Rachael learned when perusing the website allrecipes.com:

• Replacing sugar with honey – Use ¾ cup plus 1 tablespoon honey in place of 1 cup sugar, and reduce the other liquid ingredients by 2 tablespoons.
• Substituting molasses for sugar – Use 1 1/3 cups molasses for 1 cup sugar, and reduce the amount of liquid in the recipe by 5 tablespoons. Molasses is more acidic than sugar, so add ½ teaspoon baking soda for each cup of molasses. Replace no more than half the sugar called for in a recipe with molasses.
• Using fruit juice concentrates in place of sugar – Use ¾ cup for every cup of white sugar, and decrease the amount of liquid by 3 tablespoons. Flavorful substitutes include apple juice concentrate, orange juice concentrate, or white grape juice concentrate. Juice concentrates are made up of fructose and glucose.

Rachael also says that reducing the sugar in a recipe by half and intensifying the flavor by adding vanilla, cinnamon or other spices may work well.

Healthy Lives™ is a step-by-step wellness program that includes health coaching and education classes. Individual and corporate memberships are available. If you’re interested in a Healthy Lives membership, contact Healthy Lives at healthylives@bhcpns.org or 850.469.6903.

Learn more about Rachael and the rest of the team at eBaptistHealthCare.org/HealthyLives.

Try savory healthy recipes, too:

**Avocado-Cucumber Dip**

Prep Time: 5 minutes. Serves 8.

**Ingredients**

- 2 small avocados
- 4 pickling cucumbers (such as Kirby); or 1 medium cucumber
- ½ cup fat-free sour cream
- 4 teaspoons chopped fresh mint or ¼ teaspoon dried mint, crumbled
- 4 teaspoons lime juice
- ½ teaspoon salt
- ½ teaspoon celery seeds
- ½ teaspoon pepper

**Instructions**

1. In a medium bowl, mash the avocado with a fork until the desired consistency (slightly chunky or smooth).
2. Finely chop the pickling cucumber or peel, seed, and finely chop the regular cucumber. Stir the cucumber and remaining ingredients into the avocado. Serve immediately or cover and refrigerate for up to 8 hours.

**Nutritional Facts**

Serving Size: ¼ cup
Calories 55 | Carbohydrate 3g | Protein 2g
Fat 3.5g | Saturated Fat 0.5g | Dietary Fiber 2g
Cholesterol 0 mg | Sodium 160 mg

From “Diabetes & Heart-Healthy Meals for Two” by American Diabetes Association and American Heart Association.

If you’re interested in a Healthy Lives membership, contact Healthy Lives at healthylives@bhcpns.org or 850.469.6903.
There’s Always ROOM FOR ONE MORE:
Why Adoption Might Be Your Next Big Adventure

If you’ve ever considered adopting a child but thought you weren’t ready, you might reconsider after you hear the story of Randy Kafka, a retired U.S. Navy Force Master Chief and now a Florida Highway Patrol Auxiliary Sergeant.

Now in his 60s, his life as an adoptive father began when he was 25 and single, working in upstate New York. He met an 11-year-old boy in a Naval Sea Cadets program, who was struggling in a difficult home situation. The boy asked to live with Randy and the boy’s parents agreed. Thus began Randy’s life as an adoptive father. Over the next 35 years, Randy and his wife (now deceased) adopted four more boys ranging in age from birth to age 14, and he is looking to adopt another one in the near future. His sons now range in age from 17 to 48.

Randy is modest about his life as a parent. “Colleagues tell me, ‘Randy, you’re at the age when you should be thinking about tee times, not bedtimes.’ But the way I feel is there’s always room for one more child.”

The boys Randy has adopted fall into a category that is often overlooked when parents consider expanding their families through adoption. According to Randy, the perceived drawbacks of adopting an older child often result in some of the greatest rewards.

“It’s a common perception that older children have more problems, but I don’t see them as problems. These children may have certain needs that are different than a 5-year-old’s, but a child of any age is capable of learning new things and ways of thinking. The rewards with older children come when you see them grow and excel in ways they never thought possible.”

There currently are more than 50 children in foster care in Northwest Florida who are waiting for adoptive families. For the older children, adoption means that instead of aging out of the system to tackle adulthood alone, there will be a home to visit at Christmas, advice when things get rough, and the love and support that comes when you share the name of the ones you care about.

“I’ve heard just about all these children express the same wish – to have the same name as their family,” said Randy. “It may sound like a small thing to you or me, but it makes a profound difference in these children’s lives.”

If you’ve been considering adopting a child, it’s time to contact FamiliesFirst Network (FFN).

Call FFN at 850.469.3847 to speak to someone about how you can start the journey to adoption. Or visit FamiliesFirstNetwork.org to learn more.
An Interview with JAMES ANDREWS, M.D.

As far back as high school, James R. Andrews wanted to be a doctor. His grandfather planted the seed when he was a young child. “When my dad was away during World War II, I remember my grandfather rocking me and saying ‘you’re going to be my doctor when you grow up,’” said Andrews. Andrews is now 72 years old, and that seed has fruited and thrived and continues to grow.

We spent time with Dr. Andrews, the founding partner and medical director of the Andrews Institute, to learn more about this influential surgeon:

1. How many surgeries would you estimate you’ve performed spanning your career?
   
   Saying a number is like bragging. Let’s just say too many to count and not enough to quit.
   
   (While Andrews was too humble to share a number, Sports Illustrated reported more than 45,000 surgeries in a 2010 article.)

2. What achievements are you most proud of?
   
   The ability to be involved in prevention of injury in youth sports during the twilight of my career is fascinating. We’ve had a five- to seven-fold increase in youth sports injuries since 2000. While we’ve been focused on putting kids back together, prevention is really the key. Overuse injuries in children is a concerning trend. Year-round sports is not a good practice. These kids need three months of rest to keep from getting injured.

3. What provides strength in your life?
   
   As a young doctor it’s not easy to establish life priorities with all the hours you have to put in, but I’ve learned to, and for me, faith is No. 1; family is No. 2; and work comes after that.

4. You hold yourself accountable to a “patient philosophy.” Why is that important?
   
   It’s just rules of conduct you live by. I learned a lot from my mentors. A strong patient philosophy helps me remain in touch with patients and families.

5. When you retire, what will success look like?
   
   I want to stay involved in youth sports injury prevention. I want to continue putting something back into orthopaedics, whether I’m in the operating room or not, until the day I’m no longer here.

Much of Andrews’ research is done at the Andrews Institute in Gulf Breeze, Florida. The Institute also promotes the STOP (Sports Trauma and Overuse Prevention) Sports Injuries campaign. The national program was started by Dr. Andrews while serving as president of the American Orthopaedic Society for Sports Medicine as a way to support community education about sports injury prevention in young athletes. Personal proceeds from “Any Given Monday” go directly to the STOP campaign that shares practical advice for every major sport, including football, gymnastics, judo, basketball, tennis, baseball, cheerleading, wrestling and more. He hopes that coaches, parents, young athletes and grandparents will benefit from the book.
THANK YOU FOR SERVING THE FAMILIES IN OUR COMMUNITY!

BHC Earns Platinum Fit-Friendly Workplace Award

Baptist Health Care (BHC) was recognized as a Platinum Level Recipient of the American Heart Association's Fit-Friendly Worksites Recognition program. We are the only health system in the area that received the Platinum level of recognition.

TWO HOSPITALS RECEIVE GET WITH THE GUIDELINES® ACHIEVEMENT AWARDS

Baptist Hospital received the Get With The Guidelines®-Stroke Gold-Plus Quality Achievement Award and Gulf Breeze Hospital received the Get With The Guidelines®-Stroke Silver-Plus Quality Achievement Award. These accolades are granted for implementing specific quality improvement measures outlined by the American Heart Association/American Stroke Association for the treatment of stroke patients.

BHC A BECKER’S ‘GREAT PLACE TO WORK’

Baptist Health Care earned a spot on the 2014 Becker’s Healthcare “150 Great Places to Work in Healthcare” list. BHC was chosen for its benefits, wellness initiatives, commitment to diversity and inclusion, professional development opportunities and work environments that promote employee satisfaction and work-life balance.

BHC’S MEG WALDRON IS PENSACOLA’S NURSE OF THE YEAR

Baptist Health Care is excited to announce that Megan Waldron, R.N., BSN, Charge Nurse, Baptist Hospital, has been selected as the Nurse of the Year for the Pensacola area. The award recognizes a nurse who has made outstanding contributions to patient care and demonstrates excellent outcomes.

BAPTIST HOSPITAL: OUTSTANDING PARTNER IN EDUCATION

Baptist Hospital received the Outstanding Partner in Education Award from the Escambia County School District at the 31st annual appreciation luncheon honoring outstanding school volunteers, teachers and partners in education. The hospital received this award for its work with Pensacola High School Health Academy students.

CHINESE DELEGATION VISITS BAPTIST HEALTH CARE

Executives from multiple prestigious health care organizations from China visited Baptist Hospital in June to learn more about the culture and care delivered throughout the Baptist Health Care system. The delegation of physicians and health care executives read about BHC in the book ”The Baptist Health Care Journey to Excellence: Creating a Culture that WOWs!” written by Al Stubblefield, President and CEO Emeritus of Baptist Health Care. Translated, the book is now circulating in China.

Happy Anniversary!

Baptist Hospital celebrates 63 years in October 2014.

Jay Hospital celebrates 35 years of affiliation with Baptist Health Care in November 2014.
By now you’ve heard how doctors in your area are providing access to patient portals. These portals allow you to manage your health information online from the comfort of your home or office. You may be interested in trying out some of the services such as obtaining vaccination records for your child or managing information for a relative who is unable to manage it themselves.

Although at this time signing up for a patient portal is optional, health care providers encourage you to sign up for several important reasons:

- The patient portal makes it easy to contact your doctor about any questions you might have. This means small things that in the past might have required a doctor visit, can now be taken care of over a short email exchange. This saves time and money for patients and providers.
- Portal communication with your doctor is easy and convenient. You may be able to detect health issues earlier which helps ensure that you receive treatment when you need it.
- The portal supports patient-to-physician communication and can improve access and efficiency. If you need your health records, vaccination records, or a prescription renewal, all you have to do is log on to the portal. The information is at your fingertips; the control is in your hands.

What are you waiting for? It’s time to sign up! Ask your provider about how you can get access to the patient portal.

“The Baptist patient portal is great. I can send questions to my doctor and request prescription refills without a phone call. It has been convenient to send messages outside of normal business hours since I often forget to call during the day. Also, having my health history available to download was a time saver when I needed to take my medical information to a new physician.”

Caroline D. - Baptist Medical Group patient
Baptist Health Care is more than just a health care system. As a locally-owned member of the community, our top priority is the health and well-being of those we serve. Now, as a member of the Mayo Clinic Care Network, we're bringing even more innovative health care to our community. This means better care for you and the ones you love, through access to the best medicine in the world, right here at home.

Visit us online or call to learn more.

850.434.4080
eBAPTISTHEALTHCARE.ORG/MAYO