One sure thing about life is change. Even so, most of us do everything possible to avoid change, or at least, work to ease the disruption it might cause. Baptist Health Care is in the business of helping people through life’s biggest changes, such as illness, injury, birth, adoption, and even employment for those with disabilities. We at Baptist consider this role to be an honor, and we take the responsibility it carries seriously.

We know it matters greatly when a child who is about to age out of the foster system finds a forever family just in time (page 10). We recognize the significance when a patient with atrial fibrillation is able to stop taking blood thinners and is given back an active lifestyle and greater peace of mind (page 12).

We also understand how profound a career-saving treatment is for an athlete who has put his life into his sport and experiences a major injury (page 8).

In this edition of Gulf Coast Healthy Living, you’ll learn about services, treatments and individuals who can help you through life’s challenges. As we shift gears and prepare for the holiday season, I encourage you to consider the changes occurring in your life and ask the question—How can Baptist Health Care help? Our hope is to provide you with the resources you need to gracefully embrace change and experience the highest quality of life possible.

Mark Faulkner
President and Chief Executive Officer
Baptist Health Care
THE ROI OF A NAP

We all say we don’t have time, but once you know the return on investment of a power nap, you might reconsider.

Benefits:
- Relaxation
- Reduced fatigue
- Increased alertness
- Improved mood
- Improved performance, including quicker reaction time, better memory and lower risk of burnout

How to:
- Create a restful environment.
- Try to nap around midafternoon.
- If you can’t afford to go through the entire 90-minute sleep cycle (the most refreshing choice), keep naps to around 20 minutes.

PREP YOUR NOSE FOR COLD SEASON

Cooler weather leads to bumping up the indoor thermostat, and this may irritate the nasal passages. The dry, heated air can dehydrate the nasal membrane resulting in crusting, cracking and bleeding. Baptist Medical Group – ENT’s Joshua Dixon, M.D., recommends using a humidifier to add moisture to the air and placing a light coating of petroleum jelly or antibiotic ointment around the nostril and middle portion of the nose (the septum) if it becomes dry or irritated. However, if a nosebleed does occur, follow these steps:

- Stay calm and keep the head elevated while sitting.
- Spray a nasal decongestant in the nose and pinch the nose tightly for five minutes.
  - If the nose continues to bleed, spray the nasal decongestant on a cotton ball until saturated. Then, place the cotton ball in the nostril that is bleeding and pinch the nose tightly for another five minutes.

If bleeding persists after 30 minutes, call your physician.

QUINOA AND SPICY GARLIC SHRIMP

A delicious quinoa meal isn’t difficult to imagine with this Spicy Garlic Shrimp and Quinoa recipe provided by As Easy As Apple Pie and pinned on our Pinterest page at Pinterest.com/choosebaptist.

Ingredients:

Quinoa
- ½ tablespoon extra virgin olive oil
- ½ onion, finely chopped
- 1 clove garlic, minced
- ½ teaspoon chili powder
- 1 cup uncooked quinoa
- salt and pepper
- 2 cups vegetable broth
- 2 tablespoons fresh parsley, finely chopped

Shrimp
- ½ tablespoon extra virgin olive oil
- ½ pound raw shrimp, peeled, tail-on
- 1 clove garlic, finely chopped
- ¼ teaspoon chili powder
- salt and pepper

You will also need
- Fresh parsley, finely chopped
- The juice of half a lemon

Directions:
- In a fine-meshed strainer, rinse the quinoa under cold running water.
- Heat the olive oil in a large pot over medium heat. Add the onion and garlic and cook, stirring occasionally, for 3 minutes or until the onion softens slightly.
- Add the quinoa and ½ teaspoon of chili powder. Sprinkle with salt and pepper. Sauté for 1 minute; then add the broth.
- Bring to a boil uncovered. Reduce the heat to the lowest setting, cover and simmer for 20 minutes or until the water is absorbed and the quinoa is cooked and tender. Remove from heat, add the parsley and mix well.
- While quinoa simmers, cook the shrimp.
- Heat ½ tablespoon of olive oil in a large skillet over medium high heat. When the pan is hot, add the shrimp and sprinkle with ¼ teaspoon of chili powder. Season with salt and pepper and sauté until no longer translucent.
- Mix quinoa and shrimp together, drizzle with lemon juice and sprinkle with fresh parsley.
What to Expect From Your Annual Exam

A Q&A With Leslie Sanders, M.D.

The American College of Obstetricians and Gynecologists recommends annual, well-woman exams beginning at age 21. However, it is also recommended that a woman’s initial introduction to a gynecologist for screening, preventive services and guidance begin between the ages of 13 and 15. Leslie Sanders, M.D., an OB/GYN at Baptist Medical Group – Ladies First, answers some of the questions you might have about this important exam.

How should I prepare for my annual exam?

Take notes regarding your menstrual cycle. How frequently menstruation occurs, how long it lasts, heaviness of flow and any associated pain. Also, be sure to bring any pap smear, mammography or other gynecologic records if your physician doesn’t already have them on file. Bring a medication list if you have one, and be prepared to discuss your medical, vaccination and family histories.

What can I expect at my exam?

A discussion regarding your medical history and family history, and a physical exam (usually including a pelvic exam). Your physician also might help you identify certain risk factors and determine what preventive services and cancer screenings are recommended based on your history, risk factors and age.

What else can a gynecologist do for me?

Gynecologists provide a multitude of services from annual preventive and screening services to treating gynecologic problems both medically and surgically. They can also evaluate fertility and help with identifying and managing symptoms related to menopause.

Can my gynecologist double as my primary care physician?

It depends on your specific medical needs. Some gynecologists feel comfortable assessing and screening for thyroid issues, high cholesterol, depression and other common health issues. A gynecologist may also oversee treatment for these conditions depending on severity.

Meet the physicians of Baptist Medical Group – Ladies First OB/GYN.

Regina McCutcheon, M.D. | Tracey Doyle, M.D. | Leslie Sanders, M.D. | Erika Schneider, M.D.

Learn more by visiting BaptistMedicalGroup.org.
We are excited to help you be the healthiest you can be. When a specialist is needed, we integrate seamlessly with our Baptist Medical Group providers. We look forward to meeting you and caring for you like we would our own families.

Dr. Leslie Sanders, OB/GYN
Baptist Medical Group – Ladies First OB/GYN
Meet Dr. McCutcheon.

What led you to become a doctor and choose your focus of medicine?

Women's health has always struck me as something beautiful, unique and enriching. Growing up around teens experiencing motherhood and women grappling with their health confirmed obstetrics and gynecology as my calling.

In your opinion, what’s the most important factor in a doctor-patient relationship?

Transparency. Sure, many women come to the doctor just for a well-woman exam or a mammogram. However, I have found that once a patient knows that I’m here to help her, she feels comfortable sharing those things that may be affecting her quality of life. This results in my ability to empower her with the tools necessary to live well.

What do you most look forward to about living on the Gulf Coast?

Beach life and dancing, networking and meeting new people, anything outdoors and fun.

According to Dr. McCutcheon...

The Top Three Biggest Health Mistakes Women Make

1. Using Dr. Google instead of visiting a real doctor.
3. Not involving family members, a friend or someone she trusts when dealing with health issues. A woman needs a good support system to navigate through life.

The Top Three Things a Woman Can Do to Protect Her Health

1. Become educated about her health so that she can recognize when something is abnormal and communicate it to her doctor.
2. Maintain a healthy diet and exercise regimen.
3. Learn to prioritize the things that are important in life to reduce stress.

Learn more about Dr. McCutcheon at BaptistMedicalGroup.org.

Regina McCutcheon, M.D.
Baptist Medical Group – Ladies First OB/GYN

Growing up in one of the roughest neighborhoods of Baton Rouge, Louisiana, will either pull a child down or inspire her to help. Regina McCutcheon, M.D., was inspired to become a physician so she could help people like her neighbors improve their lives through access to health services and education. When you first meet Dr. McCutcheon, her southern charm immediately puts you at ease. As a woman seeking OB/GYN services, you’re coming to a friend who will walk you through your health concerns and impart plenty of wisdom about your well-being along the way.
Baptist Health Care offers 3-D mammography at **Baptist Hospital**, **Gulf Breeze Hospital** and **Baptist Medical Park – Nine Mile**.

To schedule an appointment, call central scheduling at **850.469.7500** and be sure to mention that you want a 3-D mammogram.
GET BACK IN THE GAME WITH FRESH OATS

Revolutionizing Sports Medicine
When can I get back in the game?

For most athletes that’s the first thought when sidelined by an injury. The longer the recovery, the more difficult it is to regain the height of athletic performance attained through years of dedication and practice. Articular cartilage injury, a common injury among players of high impact sports such as football and basketball, has a particularly abysmal return-to-play rate – as low as 40 percent. The joint injury occurs when the smooth cartilage covering and protecting the ends of the bones is injured, exposing the joint to further injury and pain. If untreated, these injuries lead to chronic arthritis. Several different procedures, including abrasion arthroplasty and microfracture, have been successful to some extent in returning athletes to play. However, a new procedure, osteochondral allograft transfer system, or OATS, has leapt the return-to-play rate to an astonishing 90 percent.

The key is to be able to obtain a fresh allograft quickly. The procedure entails implanting fresh non-patient donor tissue that is carefully sized to meet the patient’s specific measurements. Usually, obtaining a fresh allograft can take as long as two weeks. However, at Andrews Institute for Orthopaedics & Sports Medicine, James Andrews, M.D., has parlayed his more than 40 years in the world of orthopaedics into a direct line with the tissue banks. The result can be a 24-hour turnaround time to acquire an allograft and complete the procedure, allowing the athlete to begin recovery almost immediately after injury.

“Dr. Andrews has always been about putting the patient first,” says Steve Jordan, M.D., an orthopaedic surgeon at Andrews Institute who works alongside Dr. Andrews. “He understands that athletes have a small window of time to save their careers when they suffer a cartilage injury.”

The new OATS procedure uses a fresh allograft that has never been frozen. For many reasons, an allograft is preferable to an autograft taken from the patient because, it facilitates a less complicated recovery without the pain and injury associated with a donor site.

To learn more about OATS and how Andrews Institute is using fresh allografts to revolutionize sports medicine, visit AndrewsInstitute.com.
November 30 is a very special day for Ashlie Relyea. It’s not her birthday. Not graduation day. It’s the day she was adopted in 2015. Ashlie had been shuffled from foster home to foster home since she was 9 years old. Today, she’s an articulate 15-year-old young lady who is with a forever family where she can finally relax and not worry about “doing it all alone” (i.e. grades, buying clothes, making decisions). “Today I have reassurance that I’m doing OK, and I feel good about my future,” said Ashlie.

Visit our Heart Gallery at eLakeviewCenter.org/familiesfirstnetwork/adoptionheartgallery.aspx.
Ashlie speaks for her foster and adoptive peers sharing 10 helpful considerations for parents who are considering adoption:

1. **BE OPEN-MINDED.**
   If you’re interested in adopting a child who’s 6 to 9 years old, but learn of a child who’s 10 or 11 years old, keep an open mind about the age. Get to know them. Older kids like me age out sooner, and we want a permanent home with a good family before we get out on our own.

2. **DON’T FORGET TO TELL US WE MATTER.**
   A lot of us don’t feel like we’re important because we’re in foster care for so long thinking we’re unwanted.

3. **PERSONAL SPACE AND PETS HELP.**
   Dogs, other pets and personal space make us feel comfortable in our new permanent homes. Foster homes can be crowded and sometimes you have to share space. We also know that we’ll leave pets we bonded with one day. In a permanent home, we can have those things!

4. **ASK FOR OUR OPINIONS OR PREFERENCES.**
   I got to pick out my bedspread and decorate my room. My parents ask me what I’d like for dinner. It makes me know that I have choices in life, and I feel calmer, too.

5. **SHOWING OUR PHOTOS IS OK.**
   Some teens and adults don’t agree, but honestly, if they want to put my photo on the adoption site, it’s OK. We’re all just trying to find a home.

6. **AGE IS IMPORTANT.**
   Most everybody wants little kids. My parents were looking for a teenager, but most of us get looked over. We have more experiences and are old enough to know what’s going on. I think some people don’t know how to handle a teen at first, but parents learn, too. All we want is a supportive family who listens and doesn’t always just say “you’re wrong.”

7. **ADOPTION HELPS US FOCUS ON OUR FUTURES.**
   When I was taken from my (birth) mom, I felt alone and even said, “I’m done with everyone.” When I got adopted, my grades improved and my outlook changed. I have three possible plans for after high school: 1.) Join the Air Force; 2.) Go to school to be a coroner; 3.) Graduate college and go to New York and try to be on Broadway. All three choices are different, but I can concentrate now and make better decisions about my future.

8. **WE DO AND DON’T CARE.**
   We care most about love. We don’t care how big your house is or how much money you have. My adoptive family changed me. I became less defiant and felt more understood because they love and care about me.

9. **WE SAY A LOT.**
   I said a lot to get adopted. “I make good grades.” “I love doing chores.” I wanted parents to like me. I told them if you just adopt me I promise I’ll do better. We get tired of moving around, getting attached and feeling like a nobody. I just wanted one person to love me.

10. **WE LIKE TO DO FUN THINGS!**
    My parents took me, my two little sisters and my little brother to Disney World and Six Flags. We go to our neighborhood park. We go to the drive-in movie. We also went out for my birthday, which I didn’t get to do often in foster care.

Ashlie was involved with FamiliesFirst Network and the Wendy’s Wonderful Kids Adoption Program through the Dave Thomas Foundation for Adoption, Wendy’s Wonderful Kids is making a difference for children like Ashlie one child at a time. FamiliesFirst Network is in its third year of having the Wendy’s Wonderful Kids grant, which is designed to serve children who have been waiting in foster care the longest for an adoptive family and home.

Sponsored by Lakeview Center and the State of Florida, Department of Children and Families.

Learn how you can take the first step toward adoption by calling 850.469.3847 or visiting FamiliesFirstNetwork.org.
The left atrial appendage (LAA) is a little mystery of the heart. An ear-shaped pouch extending from the left atrium, it appears to have no purpose. Its existence, however, is not entirely benign, particularly for atrial fibrillation patients. Atrial fibrillation, or AFib, occurs when the upper chambers of the heart beat out of coordination with the lower chambers, causing sporadic heart palpitations that can allow blood to stagnate in the LAA and eventually clot. If these clots break away and enter the blood stream, they can cause a stroke.

AFib patients are five times more likely to have a stroke, and strokes in AFib patients tend to be more disabling. Because of this risk, many AFib patients take warfarin, an anti-coagulant or blood thinner. However, long term warfarin treatment has its drawbacks ranging from intolerable side effects such as bleeding to lifestyle limitations.

A new treatment, LAA closure with the WATCHMAN™ device, is giving some patients on the Gulf Coast another option. Consisting of a self-expanding nickel titanium frame with fixation anchors and covered by a surgical fabric (it looks like a tiny jelly fish), the WATCHMAN is threaded through the femoral vein in the leg and into the heart where it’s implanted at the opening of the LAA, trapping existing clots inside and preventing their escape into the blood stream. The procedure is performed under general anesthesia in the catheterization laboratory and usually lasts about an hour followed by a 24-hour hospital stay. Patients remain on warfarin for 45 days following the procedure. After that time, if the closure was successful the patient may be taken off warfarin completely and follow up with a daily baby aspirin.

The WATCHMAN patient…

• Has non-valvular atrial fibrillation.
• Has an appropriate reason for not wanting to remain on warfarin long-term.
• Is at increased risk for stroke.

Dr. Sanon brings WATCHMAN LAA closure to the Gulf Coast from Mayo Clinic where he was trained in the procedure by David Holmes, M.D., one of the pioneers of the technology. For an appointment with Dr. Sanon, call 850.484.6500 and ask for Ashlie Owens, R.N.

Baptist Heart & Vascular Institute is the first and only health care provider on the Gulf Coast to offer three of today’s leading-edge technologies in structural heart disease treatment – MitraClip, TAVR and WATCHMAN. These procedures put us in the same league as major medical centers around the world and give our patients the ability to remain close to home for their heart care.

– Dr. Saurabh Sanon

For more information about WATCHMAN LAA closure and other procedures available at the Baptist Heart & Vascular Institute, visit eBaptistHealthCare.org/heart.
in the news
PEOPLE, PROJECTS AND PRAISE

GULF BREEZE HOSPITAL RATED FOUR-STARS
Gulf Breeze Hospital earned a four-star rating by the Centers for Medicare & Medicaid Services in its latest Overall Hospital Quality Star Rating, released in July. Gulf Breeze Hospital was one of 20 hospitals in the state of Florida and the only hospital in Escambia and Santa Rosa county to receive a four-star rating or higher.

GCE RETURNS TO CAPITOL HILL
Sharing a compelling story with the right audience can produce amazing results. During the SourceAmerica® Grassroots Advocacy Conference in June, congressional leaders at Capitol Hill listened as Global Connections to Employment (GCE) staff members with disabilities talked about what a difference the AbilityOne® Program has made in their lives, helping them overcome daunting life challenges and find meaningful jobs. GCE works with SourceAmerica, a nonprofit agency established to help implement the AbilityOne federal program. You can read stories about GCE staff members by visiting the Successes page at GCE.org.

ANDREWS INSTITUTE AND NEMOURS BECOME OFFICIAL MEDICAL SERVICES PROVIDERS FOR THE USTA NATIONAL CAMPUS
The two organizations have come together to be the Official Medical Services Providers for the USTA National Campus, the Home of American Tennis. Nemours and Andrews Institute will provide a team physician, program director, sports nutritionist and athletic trainers for the USTA National Campus in Orlando’s Lake Nona Medical City.

STEVEN FLECK, PH.D., SELECTED AS THE EXECUTIVE DIRECTOR OF ANDREWS RESEARCH & EDUCATION FOUNDATION (AREF)
Dr. Fleck is the immediate past president of the National Strength and Conditioning Association (NSCA) and is one of the world’s leading experts on the physiology of strength and conditioning training.

40th Annual Stepping out in Style
Fashion Show
Presented by the Women’s Board of BHC Foundation and Gulf Coast Health Care
Thursday, Oct. 13
New World Landing, 600 S. Palafox St.
5:30 p.m. Cocktails, Silent Auction and Hors D’oeuvres
6:30 p.m. Program and Live Auction • 7 p.m. Fashion Show
Tickets: $50
Purchase tickets online at BaptistHealthCareFoundation.org or call 850.469.7419.

Happy Anniversary!
Thank you for choosing us for your care.

Baptist Hospital celebrates 65 years of service to the community in October 2016.
Jay Hospital celebrates 37 years of affiliation with Baptist Health Care in November 2016.
A few years ago I was traveling in Vietnam and I got malaria. How scary is that! Thankfully, with proper care, I returned to health. When I talked to people there about my experience with malaria, expecting extreme concern for my health, instead I heard statements like, “everyone gets malaria once or twice in their life, and most people don’t die.” All I could think was… this is how Americans view the flu!

Of course there are significant differences between malaria and the flu, one being that there is no vaccine for malaria. We hear about life-threatening illnesses such as malaria, and they sound scary to us because we have little experience with them here in the U.S. But did you know that the flu kills more people in the U.S. than malaria? And yet, many of us are unafraid of the flu to the point of skipping the vaccine that could prevent this potentially life-threatening illness.

I have never had the flu. I get the flu shot every year, and I get it as early as I can because it takes about two weeks for antibodies to develop and provide protection against the virus. Even after having malaria, I am more scared of the flu.

I am scared of getting the flu and missing work and having to ask my co-workers for extra time, energy and effort in my absence.

I’m scared of the symptoms – aches and pains, runny nose, sore throat and fever.

But even more than the symptoms, I’m really scared of being a healthy (silent) carrier and infecting my spouse, children and co-workers. I’m scared to be at a grocery store, church or school with our community members who are elderly and others who may be immunocompromised or unable to get the flu shot and passing the virus on to them. For people with weakened immune systems, the flu can be deadly.

There are many reasons to be cautious of the flu. But the more people in our community who get the flu shot, the greater the protection of our entire community. On average, only about 50 percent of people in Escambia County get the flu shot. For employees at Baptist Health Care, the flu shot is mandatory because we are committed to doing everything we can to protect the health of our community.

What I am not scared of is the inconvenience of the stick or the normal immune response of my body developing and storing anti-bodies against the inactive (dead) virus. I get the vaccine in my non-dominant left arm after working out that morning and treat myself to something relaxing that night.

If you have concerns about the flu vaccine, please have a conversation with your doctor about them. The Centers for Disease Control website, CDC.gov/flu is a great resource to prepare for that conversation.

Meghan McCarthy, MPH, MBA
Director of Community Health
Baptist Health Care

For more information about staying healthy during flu season, visit eBaptistHealthCare.org/healthylives.
It’s time to get your flu shot!
The best way to protect you and your family from the flu is to get vaccinated. According to the Centers for Disease Control (CDC), flu season commonly peaks between December and February. Experts recommend that you get your flu shot as soon as it is available.

The CDC recommends a “TAKE 3” action plan to fight the flu.

1. Get your flu vaccine. Take every day preventive actions to stop the spread of germs, such as hand washing, avoiding others when sick and covering coughs and sneezes.

2. Take flu antiviral drugs if your physician prescribes them.

Make an appointment today with your primary care physician and get vaccinated.

If you need a primary care doctor, call Baptist Medical Group at 850.437.8600 or visit BaptistMedicalGroup.org.

Baptist Urgent Care – Nine Mile also offers flu shots, seven days a week, 7 a.m. to 7 p.m. Call 850.208.6130 or walk in.
WE’LL BE HERE.

Caring Physicians. Innovative Treatments.

When cancer tries to take you away from the things that matter most, Baptist Cancer Institute is here. From caring physicians to the most innovative treatment options and our collaboration with Mayo Clinic, we’re here to help you during the most difficult of times.

David Mann, M.D. Hematology-Oncology
German Herrera, M.D. Hematology-Oncology
Sherif Ibrahim, M.D. Hematology-Oncology
Nutan DeJoubner, M.D. Hematology-Oncology
James Adams, M.D. Radiation Oncology
Zheng Topp, M.D. Hematology-Oncology

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