Gulf Coast HEALTHY LIVING

ECMO Treatment SAVES LIVES
CHANGE A CHILD’S LIFE and Your Life

BASELINE TESTING
Students return to sports after concussion exam.

Convenient Access to Dedicated, Digestive Health

A Tale of Two Survivors

TO FIND THE LATEST NEWS, VISIT GULFCOASTHEALTHYLIVING.ORG
The Baptist Health Care Mission is helping people throughout life’s journey and this Fall edition showcases our services supporting that Mission. Learn about the new lifesaving ECMO treatment Baptist offers that revived a 17-year old boy from a gravely ill condition (pages 4 and 5). Be inspired by a team member who grew up with foster care siblings and later adopted two foster children of his own through FamiliesFirst Network (page 6). Our team is here for the highs and lows that individuals face. Even during the most difficult life moments and fears, individuals we serve have positive experiences, such as the two breast cancer warriors who share their stories with us (pages 10 and 11). Baptist also strives to keep your children in sports and physical activities safe with concussion baseline testing that Andrews Institute for Orthopaedic & Sports Medicine offers (pages 8 and 9). We proudly share tips that will help fuel and nourish you this season. Fall into good portion eating habits with suggestions from My Healthy Blueprint (page 14). Pay attention to signs of physical trouble. For instance, if your stomach is experiencing pain, find out how Baptist Medical Group – Gastroenterology can help (pages 10 and 11) or learn if further digestive testing may assist. Whatever your needs or the needs of our community may be, we are here for you. Baptist will provide encouragement, resources and compassionate care at every age and stage. Thank you for entrusting us to be the supportive, extended family members who enhance your health.
HEALTHY HABITS

PREVENT BACK TO SCHOOL GERMS

With children and teachers back in school, now is the time when germs spread quickly in our community. Here are a few ways you can protect the little ones in your family:

• Keep backpacks clean. Children may leave outdated items inside. Make a habit of going through school bags and wiping them down.
• Teach your kid the signs of germs and advise them to stay away from other kids who show signs of an illness, such as coughing and sneezing.
• Make hand washing a part of the routine throughout the day. Provide kids with hand sanitizer and tell them to clean their hands before and after meals and playing.
• Label your child’s things and encourage him to not share items like food or drink, sports gear, makeup and writing utensils. Clean hands if sharing is necessary.
• Visit a primary care physician for an annual wellness exam or to make sure your child is up to date on immunizations.

Learn more back to school wellness tips from My Healthy Blueprint at 850.469.6903.

TRY INDOOR FITNESS WHEN OUTDOORS IS NOT AN OPTION

Some days prove to be too hot, too windy or not ideal for outdoor physical activity. There are many ways to exercise indoors:

• Complete a workout video. Local libraries carry fitness routines that can be borrowed. YouTube is another great, free resource for video exercise options.
• Create your own circuit. Make a list of cardio and toning exercises that you can perform at home. Try three to five varieties for different parts of the body.
• Turn chores into a workout. Make it more fun and more strenuous by adding in squats or arm lifts. Adding in extra, small movements throughout the day can make a big difference.

Don’t let rain, wind, heat or cold keep you from being active. Continue fitness indoors.

TAILGATING SLOW COOKER BARBECUE CHICKEN SWEET POTATOES

As you tailgate this fall to watch your favorite football game, bring this slow cooker meal to keep you satisfied and nourished. Your whole family will enjoy this healthier dish.

Ingredients:
1.5 pounds boneless, skinless chicken breasts
(about 3)
¾ cup barbecue sauce
1 teaspoon sea salt
1 teaspoon garlic powder
½ teaspoon ground cayenne
6 large sweet potatoes

Topping:
½ cup non-fat plain Greek yogurt
2 tablespoons milk
½ teaspoon white vinegar
¼ teaspoon black pepper
⅛ cup crumbled blue cheese (or feta if preferred), plus additional for serving
chopped green onions for serving, optional

Directions:
Bake sweet potatoes ahead of time, cooking them in the oven at 350 degrees for 1.5 hours. Set aside. Turn on slow cooker to low heat. Place chicken breasts at bottom of slow cooker. In a small bowl, mix barbecue sauce, salt, garlic powder and cayenne together. Pour over chicken. Cook on low for five to six hours. Check to be sure chicken is fully cooked and can be pulled apart and shredded easily. During the last half-hour, split open the cooked sweet potatoes. Scoop the cooked shredded chicken onto each sweet potato. Then prepare the cheese yogurt topping. To do this, mix the Greek yogurt, white vinegar, black pepper and cheese. Drizzle the yogurt dressing on top. If desired, add chopped green onions. Enjoy hot.

Serves six people.

Adapted from Well Plated. Find healthy, delicious recipes on the My Healthy Blueprint Pinterest board at Pinterest.com/choosebaptist.

Learn more about our approach to community wellness. Visit eBaptistHealthCare.org/myhealthyblueprint.
The call that every parent dreads –
YOUR CHILD IS IN TROUBLE.

And he’s more than 700 miles away. Robin Milligan-Jones and husband Donald Jones received this call in North Carolina and flew to Pensacola, Fla., to be with their son who was gravely ill. Their healthy 17-year old son Payne Jones had been vacationing in Destin with his girlfriend and her family when he began experiencing difficulty breathing after beach exposure and sun exposure. Within a short time, Jones went from being a vibrant teenager to a fragile patient on a ventilator.
After other area hospitals did all they could for Jones, he was ultimately transported to Baptist Hospital — the only provider in the Northwest Florida region to offer the lifesaving treatment he required. Baptist Heart & Vascular Institute had secured the treatment only weeks before. Jones became Baptist’s first patient to use the Extracorporeal Membrane Oxygenation (ECMO), an advanced treatment for people who have life-threatening breathing or heart problems.

ECMO is a rescue treatment that provides short to long-term support for patients with severe conditions such as severe pneumonia, influenza, massive heart attack or massive pulmonary embolism (blood clots in the lungs). In such cases when the heart and lungs are too weak to function, ECMO can support the lungs or both the heart and lungs allowing them to recover.

Jon Neyman, CCP, is the perfusionist and ECMO program leader who cared for Jones from his arrival to his release.

“We have been working on this (ECMO program) for more than six months,” said Neyman. “It was coming and I knew it. I was prepared. We all were. Having a young kid as a first patient was a surprise. We weren’t going to let anything go wrong. We wanted to make sure everything went perfect and it did,” said Neyman.

Neyman provided 24/7 ECMO service care for three days nonstop to ensure that Jones’ care was seamless. Jones made a full recovery. He has since returned home to North Carolina and is receiving follow up care with his primary care physician.

“I’m pretty sure we would have lost him (without the ECMO),” said Robin Milligan-Jones, the patient’s mother.

Prior to receiving ECMO at Baptist Hospital, Jones’ oxygen and blood levels had dropped very low. His levels were in the 70s and quickly approaching the 60s. A normal oxygen level reading for a healthy individual is typically between 95 and 100 percent.

The ECMO care team includes collaboration between critical care and pulmonary physicians, cardiothoracic surgeons, interventional cardiologists, perfusionists, nurse ECMO specialists, critical care nurses and other clinical support staff.

Jones was able to surprise those who cared for him. He dropped into their team meeting before he began the trek back to North Carolina with his parents. The teen who a few short days before was hanging on to life was walking, smiling and talking.

“We are excited to introduce yet, another innovation into our community to benefit our patients’ health and improve access to care,” says William Bailey, M.D., cardiothoracic surgeon, BHVI.

“It’s a great opportunity to save lives,” said Neyman. “We want to do this and this is why we’re here. It’s just the beginning.”

“The ECMO care team was able to successfully treat Jones,” said Dr. Enrique Diaz,* ECMO Program Medical Director and Intensivist with the Pensacola Lung Group. “We are excited to see Jones go back to living a normal life. With a program like this in the area, we are able to treat patients from across the region. This is a great win for our community.”

*Enrique Diaz, M.D., is an independent member of the medical staff of Baptist Hospital, Inc. He is not an employee or agent of Baptist Hospital, Inc.

For more information about ECMO and the many procedures and treatments offered at Baptist, visit eBaptistHealthCare.org/Heart/ECMO or call 850.908.ECMO (3266).
Change a Child’s Life and Your Own

As a young boy, Shawn Salamida remembers a childhood filled with laughter, camping trips and strong faith. Today, he works to provide the same for his family, and as the president of FamiliesFirst Network (FFN) of Lakeview Center, for families in the community. His upbringing taught him firsthand that helping others not only changes their lives, but also your own.

Foster parents are at the center of changing the entire child welfare system through our Quality Parenting Initiative (QPI).

Knowing the rewards of foster and adoptive parenting, Salamida and his wife, Kathy, had four biological children and adopted two. He encourages others to adopt but says it’s an especially exciting time to be a foster parent.

“My parents adopted seven children and fostered many more,” Salamida said. “When I look at my brothers and sisters today, I cherish the commitment, love and compassion we have. I can’t imagine us not being a family.”

QPI is making strides toward improved partnerships with foster parents. The foundational principles support positive, long-term results that strengthen families. The goal of fostering is to provide a nurturing environment for children while working toward eventual reunification with their birth families. When reunification is not possible, foster parents help the children transition to an eventual adoptive family.

“Parenting is tough, but in the right setting, even highly traumatized children can grow and feel safe,” Salamida said. “I’m deeply grateful to our FFN foster parents. I’m motivated by our collaboration to improve the system. Most of all, I’m so fulfilled every time I see one of our many success stories.”

Learn about the process of becoming a foster parent by visiting FamiliesFirstNetwork.org or calling 850.453.7777.
Some jobs hold more meaning than just earning a paycheck. Such is the case for Lori Kain who last year traded in her horse farm in upstate New York for the white beaches of Pensacola. She chose to relocate and take a position with Global Connections to Employment (GCE) as the director of governmental/community relations. It allows her to help people with disabilities find jobs.

“It was a big move, but when I saw the job posting, I was called to apply,” said Kain. “Only about 30 percent of people who have disabilities and want to work actually have jobs. I want to help change that.”

When Lori met GCE’s Employee of the Year, Tommy Huynh, she was extra motivated. As a 6-year-old boy, Tommy was in the room when three family members were murdered. Years later, that trauma was compounded by a motorcycle accident that left him with a metal rod in his leg, learning to write with his left hand and living with aphasia, a condition that impedes speech ability as the result of a brain injury.

A high point of Tommy’s life journey has been working at GCE aboard Naval Air Station Pensacola.

“Having a good job has allowed Tommy to be independent,” Kain said. “I’m fortunate to be a part of an organization that helps people like him. Our organization’s Mission is ‘helping people throughout life’s journey’ and our whole team is passionate about it.”

GCE provides jobs to about 450 local community members with disabilities at 25 sites in the three-county area. In the state of Florida, it employs about 874 Floridians, 619 of whom are persons with a disability. Across the nation, they provide jobs to just under 1,800 people.

In June, Kain and Huynh traveled to Capitol Hill to share his story with legislators and garner continued support during the Grassroots Advocacy Conference sponsored by SourceAmerica®. “SourceAmerica® implements our contracts under AbilityOne®, a federal program that was established in 1938 to help ensure that people who are blind and have other significant disabilities find employment. When congressional leaders hear stories like Tommy’s, they are compelled to support our Mission,” Kain said. “Meaningful jobs are the foundation for everyone’s success.”

Learn more about Global Connections to Employment and read Tommy Huynh’s full success story at GCE.org.

Contact Lori Kain at 850.429.6969 for additional information.
Few words create more anxiety in the mind of an athlete’s parent than the word concussion. Mothers and fathers are faced with a difficult decision to place their child in a sport that presents the risk of obtaining a head injury. While collision sports like football may receive the majority of concussion media coverage, the risk for it is present in any contact sport or athletic activity. However, parents can find comfort in the fact that Andrews Institute for Orthopaedics & Sports Medicine is leading the way in providing concussion care to local student-athletes.

Baseline Testing Helps Student-Athletes Safely Return to Play After Sustaining a Concussion
Andrews Institute clinicians use a concussion baseline test to ensure student-athletes return to play safely after sustaining a concussion. These baseline tests are administered by Andrews Institute certified athletic trainers (ATCs) during the summer and measure the student-athlete’s vision, balance and reaction time. The assessment measures neurocognitive abilities prior to a concussion. If the student-athlete later sustains a concussion, quantitative data collected from the baseline test provides clinical staff the proper information to make sure that student-athlete can return back to his or her sport.

During the summer of 2017, Andrews Institute ATCs performed over 2,500 concussion baseline tests to area high school student-athletes, 1,000 more than the previous year. This increase is due to expanded sports medicine coverage to public high schools in south Okaloosa and Walton counties, as well as middle school football games in Okaloosa County. Andrews Institute now provides full-time ATCs and team physicians to all public high schools in Escambia, Santa Rosa, Okaloosa and Walton counties. The presence of an ATC or team physician at an athletic event facilitates the early and immediate recognition of a student-athlete sustaining a concussion.

Parents can find some comfort in having their child take the baseline test before competing in a sport. Andrews Institute cares about student-athletes and their families and will continue their endeavor to provide a continuum of sports concussion service. Parents can find some comfort in having their child take the baseline test before competing in a sport. As the understanding of concussions evolves, so will the efforts of Andrews Institute clinicians to provide the best sports medicine care possible for area high school student-athletes.

Learn more at AndrewsInstitute.com or call 850.916.8700 to schedule an appointment.
A walk along the beach and a round of golf may be a relaxing way for some individuals to spend an afternoon. For people experiencing irritable bowel syndrome (IBS), outings with limited access to a bathroom may cause dread rather than enjoyment.

IBS is the most common functional GI disorder in the U.S. and it frequents more women than men.
Patients should review their symptoms and specifically look for any potential triggers, such as stress, diet and medication.

IBS is a chronic condition that affects the large intestine (colon) and may require long-term management. Triggers for IBS vary from person to person. Food, stress, hormones and other illnesses can all cause an overreaction in the digestive system that could lead to abdominal pain, gas, diarrhea and constipation. People living with IBS often worry about being faced with uncomfortable and embarrassing situations.

Related concerns about IBS may warrant specific gastrointestinal (GI) tests, such as a colonoscopy. Baptist Health Care offers quick admittance to care, enhanced patient education and improved outcomes for patients who need a colonoscopy and other GI tests.

Patients can prepare ahead of time for a GI appointment in a variety of ways. They can keep a food diary and log any digestive concerns or IBS episodes, the length of time IBS occurs, a list of medications, family medical history and recent life stressors.

“Patients should review their symptoms and specifically look for any potential triggers, such as stress, diet and medication,” said Stephen A. Ziller III, M.D., Baptist Medical Group – Gastroenterology.

By itself IBS is not a risk factor for colon cancer, but a GI physician may recommend a colonoscopy to alleviate any concerns, especially if symptoms include rectal bleeding or weight loss. The colonoscopy will look for any abnormal areas in the colon or tissue growths known as polyps. If polyps are found during a colonoscopy, they can be removed during the procedure.

In most cases, with lifestyle and dietary changes, IBS can be better managed on a daily basis. Dr. Ziller recommends those living with IBS to include more fermented foods and boost fiber content in daily meals.

“Try adding foods like yogurts, sauerkraut and soft cheeses,” said Dr. Ziller. “Eat whole grains and avoid processed white foods such as bread, rice and pasta. In addition, strive to eat 30-40 grams of fiber per day from fruits and vegetables.”

IBS is the most common functional GI disorder in the U.S., and it frequents more women than men, but you are not alone. Seek help early to improve your outcome and return to the beach, golf course and other activities you enjoy.

Ask your primary care physician for a referral to see Baptist Medical Group – Gastroenterology or call 850.626.9626.
Iris Velez and her husband, Phillip, were jogging along Pensacola Beach in July 2016 as they did most mornings since retirement. Iris felt a painful ache in her left breast. When the soreness did not go away, Iris visited her primary care physician. She was not due for a mammogram but had the test earlier at her doctor’s recommendation. The results showed malignancy and stage II, triple negative cancer.

“I went into panic mode,” said Iris. “The fear took over. I wondered how long I had been living with it and not knowing. My brain said, ‘I want it out now!’”

“My oncologist told me we could try chemo and radiation first to shrink my cancer prior to surgery considerations such as a lumpectomy,” said Iris. “But I chose the surgery first. I did not wish to wait and see if the cancer would spread. Looking back now, a year later, I still feel I chose the best option.”

Iris had a left mastectomy in September 2016. Then she underwent chemo and radiation treatments. During the treatments, Iris said her family – husband Philip, daughters Kamelish and Sonya Marie, sons, Philip and Steve and her son-in-law, Peter, in addition to the team at Baptist Health Care were there for her every step of the way for support, resources and encouragement.

“I could not have wished for a better support system and team,” said Iris. “My needs were always met. They made me laugh and helped me locate resources, from finding wigs and scarves when I lost my hair to making me aware of rides to treatment if I needed them. They really held my hand through all of this.”

Iris just celebrated her one-year anniversary and feels great. She is cancer-free and will have reconstructive surgery on her left breast in November. Iris now gives encouragement to other women by attending the cancer support group offered at Baptist.
Iris Velez and Kimberly Wood both faced the uncertainty of a breast cancer diagnosis. At different stages and ages in life, they found themselves on a frightening journey. In sharing their survivor stories, they offer hope and encouragement to others who may be traveling the same road.

Kimberly Wood was 30 years old when she found a lump in her armpit. Her primary care physician recommended a mammogram. A subsequent biopsy revealed Kim had stage III invasive ductal carcinoma breast cancer. Kim’s lymph nodes were affected and the cancer was in the nodes behind the left breast bone. This was in November 2013.

Kim’s grandmother and aunt had also experienced breast cancer. Because of this and her advanced stage, Kim decided to have a double mastectomy after chemo. She also had 20 lymph nodes removed from her arm.

Kim had six rounds of chemo and 30 rounds of radiation while trying to keep up with an active family. At the time her daughter was age 3 and her son just a year old.

“Going through treatment, I realized that feeling strong enough to chase kids around and just make dinner for my family was a blessing,” said Kim.

Kim credits her caregiving team and the support from her family and church for helping her through the most difficult times. Today, Kim is feeling the strongest she has ever been in life. She performs a high intensity weightlifting class at a local church and stays as healthy as she can be.

Both Iris and Kim stayed positive and took one day, one treatment at a time. They advise other women and families to do the same.

“Reach for the positive,” said Iris. “But also talk to your caregiving team and be honest with how you feel. My team always kept me on track.”

“The oncology team at Baptist reminded me I was there to fight,” said Kim. “Their strength and encouragement, along with my faith and healing from Jesus, gave me courage to be where I am today.”
Autumn leads us into the holidays when individuals may be more tempted to overeat and indulge in unhealthy behaviors. People become less mindful of serving sizes. Layering potluck foods onto a large plate can lead to unwanted pounds and stress.

The team at My Healthy Blueprint reminds us to fight portion distortion with better nourishment amounts. Here are five tips to help you consume the right foods in the recommended portion:

1. **EAT HEALTHY SNACKS, LIKE A PIECE OF FRUIT OR SMALL SALAD, IN BETWEEN MEALS TO AVOID OVEREATING AT YOUR NEXT MEAL.** Try consuming smaller, fewer calories more often, such as every three to four hours. This may be a better option to curb cravings and help you gain energy.

2. **NEVER EAT STRAIGHT FROM A LARGE PACKAGE.** Research shows that you eat more food and intake more calories when faced with larger portions. Divide up the contents of one large package into several smaller containers right away to help with portion control.

3. **WHEN DINING OUT, WRAP UP HALF YOUR MEAL AS SOON AS IT IS BROUGHT TO THE TABLE.** Ask for a to-go box or share the meal with a friend. Restaurants are notorious for serving larger than normal portion sizes. Tackle that concern right away by putting away half the food.

4. **AT HOME, SERVE MEALS ON INDIVIDUAL, SMALLER SIZE PLATES INSTEAD OF PUTTING THE SERVING DISHES ON THE TABLE.** This helps minimize the temptation to grab second and third helpings when they are directly in front of you.

5. **KEEP INDIVIDUAL PORTIONS OF HEALTHY SNACKS READILY AVAILABLE AND WITHIN REACH.** If you have a 100 calorie pouch of almonds or one-size servings of string cheese nearby, you won’t feel the need to visit a vending machine or dessert place. Remove or hide tempting unhealthy items like cookies and chips.

Pay attention to food labels and the serving size noted on the items you purchase since packages can be misleading. Use the example graphic above to remember the proper amounts optimal for consumption. Picture the correct portion size and stick with that when you eat. With a little bit of planning and visualizing, you can still enjoy the holidays without adding to your waistline.
BAPTIST WOMEN’S CENTER FIRST TO OFFER INFANT SAFETY SOFTWARE WITH CERTASCAN

Baptist Women’s Center is first in Northwest Florida to offer CertaScan®, a security software for digital newborn footprint scans. Historically, footprint identification sheets required placing ink on an infant’s feet, and these prints degraded over time. This non-invasive software provides a complete biometric scan of an infant’s footprints that will be a part of the child’s electronic medical record. The newborn’s footprints are saved securely in the electronic medical records and can be used for identification throughout the infant’s hospital stay and for future use.

GULF BREEZE HOSPITAL WOMEN’S IMAGING TEAM EARNS ACR ACCREDITATION

The Gulf Breeze Hospital Women’s Imaging team was awarded a three-year term of accreditation in mammography as the result of a recent review by the American College of Radiology (ACR). The ACR gold seal of accreditation represents the highest level of image quality and patient safety. Congratulations to the Women’s Imaging team!

STEP OUT IN STYLE AT THE WOMEN’S BOARD OF BAPTIST HEALTH CARE FOUNDATION FASHION SHOW

Reserve your seat along the runway for a night of fun, fashion and philanthropy. The Women’s Board’s 41st annual Stepping Out in Style Fashion Show will be held on Oct. 19 at 5:30 p.m. and feature the latest trends on the catwalk. Last year, this event raised more than $119,000 to support Totes for Tots, a program for children in foster care through FamiliesFirst Network of Lakeview Center. Attend this fashion event that supports Baptist Health Care’s Mission to help people throughout life’s journey by calling 850.469.7906.

SHOULD YOU BE SCREENED FOR LUNG CANCER?

If you are a current smoker, have smoked in the past and quit within the past 15 years or live with a smoker, you may want to consider a lung cancer screening. To learn more about lung cancer, risks, screenings and health tips, attend one of these upcoming free community wellness seminars:

LUNG CANCER SCREENING AND PREVENTION SEMINARS:

Wed., Nov. 8, 11:30 a.m. lunch; noon to 1 p.m. seminar
Baptist Towers Medical Meeting Rooms
1717 North E Street, Avery Street Entrance

Fri., Nov. 10, 11:30 a.m. lunch; noon to 1 p.m. seminar
Baptist Medical Park – Navarre
8880 Navarre Parkway, 2nd Floor Conference Room

Thurs., Nov. 16, 11:30 a.m. lunch; noon to 1 p.m. seminar
Baptist Medical Park – Nine Mile
9400 University Parkway, Azalea Room

Fri., Nov. 17, 11:30 a.m. lunch; noon to 1 p.m. seminar
Andrews Institute Athletic Performance & Research Pavilion
1040 Gulf Breeze Parkway, Conference Room B

*Space is limited at locations so registration is required. Call 850.469.7897 to reserve your space for a class or to learn about upcoming wellness seminars.
Choosing a doctor you will love is just a click away.

At Baptist Medical Group, you’ll love how our primary care physicians go the extra mile to ensure you get the prompt appointments, undivided attention and quality medical care you deserve.

Now with no-hassle appointment scheduling, you can directly book your appointments online.

It’s simple.

• Visit EasySchedule.com.
• Choose a provider or location.
• Select a time.
• Confirm your appointment.

Many of our clinics offer extended hours and same day and walk-in appointments.

We would love to have the honor of caring for you.