RESEARCH SHOWS THAT WOMEN ARE responsible for almost 85 percent of all health care decisions for their families. Therefore, we dedicate this edition of Gulf Coast Health & Life to the women in our community.

Articles in the magazine address health care concerns at various ages and serve as a guide to help you take care of the one person you usually put last on the list — yourself! We hope these resources help you and the women in your life achieve good health.

Share the information with your daughters, sisters and friends. It’s a special edition to me because I know my mom, wife and daughter can benefit too.

As always, I invite you to visit our website, eBaptistHealthCare.org, to view physician profiles, schedule appointments, take advantage of health assessments and sign up for health screening email alerts. These support tools can help make health care easier when balancing a busy life and family.

And, last but not least, I can’t close without saying a special “Thank You” to our moms. Mother’s Day is May 12, and I hope all the mothers in our community enjoy a very special day surrounded by their loved ones.

Happy Mother’s Day!

MARK FAULKNER
PRESIDENT AND CHIEF EXECUTIVE OFFICER
BAPTIST HEALTH CARE

Win!
Go to GCHhealthandLife.org and enter to win one of three spa gift prizes, valued at $150 each.
LAST ISSUE WINNERS: DEBBIE, PENSACOLA, VALERIE, GULF BREEZE, HENRIETTA, NAVARRE

Sign up for our e-newsletter at GCHhealthandLife.org.
HEALTHY HABITS

DON’T JUST DO IT — DO IT RIGHT

Countless Americans strive to exercise more each year. However, if your goal is to maintain a healthy weight, it’s most important to consider the quality of your workout. Instead of just diving in and aiming to spend more time working out, focus on your technique. Chances are you’ll achieve improved health sooner if you “do it right!”

1. Maintain good posture. A neutral position with minimal strain and tension on the muscles, joints, bones and ligaments will help prevent injury. Pay attention that your internal organs are not compressed, blood vessels are not pressed and nerves are not irritated.

2. Wear comfortable shoes and clothing. Cotton is comfortable but can trap moisture and cause blistering. A polyester/lycra blend can help prevent blistering and rashes. Layer to transition your workout from winter to spring. Invest in a good quality workout shoe depending on your workout preference: running, walking, cross-training or specialties such as weight lifting, cycling, hiking, tennis, basketball or soccer.

3. Exercise at a time of day that suits your lifestyle. It’s difficult to find any hard evidence to suggest that calories are burned more efficiently at certain times of the day. However, the time of day can influence how you feel when exercising. Pay attention to your body clock and use it as a guide to when you get your best workout, and stick to that routine.

BE COOL!

Summers along the Gulf Coast are a lot of fun, but can be very hot. It’s time to revisit heat safety topics to be sure your family enjoys a healthy summer without injury or illness. Go to BaptistMedicalGroup.org/articles/summer-heat-safety and read an article about summer heat safety.

WIN THE BATTLE

You may be planning a trip to the beach, mountains or grandmother’s house this summer. If your family plans to travel by car, please practice vehicle safety. Motor vehicle-related injuries are the leading cause of death in the United States for people ages 5 to 34.

The Centers for Disease Control and Prevention (CDC) studies this problem each year and develops programs and policies that can help change behavior to keep drivers, passengers, bicyclists and pedestrians safe on our roadways.

The CDC shares Motor Vehicle Injuries Winnable Battle materials on their website to help ensure safe driving for U.S. families during vacation and any other time of travel. Visit CDC.gov/WinnableBattles/MotorVehicleInjury/.

CAN WE ‘FEED’ CANCER CELLS?

Sugar feeds every cell in our body — even cancer cells — but, research shows that eating sugar doesn’t necessarily lead to cancer. However, being overweight or obese puts you at a higher risk for some types of cancers and other diseases. Sugar contains calories, so watch your intake. According to the American Heart Association, you can help avoid the risk, by maintaining the recommended amounts of sugar:

Women — no more than six teaspoons per day (25 grams) which is equal to 100 calories
Men — no more than nine teaspoons per day (37 grams) which is equal to 150 calories

Most Americans consume more than twice that amount daily (22 teaspoons) equaling 260 cups or 130 pounds of sugar each year!

FIND THE HAPPY!

If you made a resolution a few months ago to lose extras pounds, but it’s not working as well as you’d hoped, there’s a team that can help. Don’t get the blues, visit FindtheHappy.org and learn about the team approach to weight loss at Baptist Health Care. Take advantage of a plan that’s best for you!

DRINK IN THE SEASON, DRINK UP THE WATER

If you find it challenging to drink a lot of water each day, start practicing now to be sure you stay hydrated during the upcoming hot summer months. As temperatures rise, it’s important to drink more than you thirst for to maintain hydration. When working out, it’s even more important. In general, you should strive for 16 to 32 ounces of cool water each hour of a heavy workout.

Go to eBaptistHealthCare.org to learn more about these and other health care services or BaptistMedicalGroup.org to find a physician.
Last summer, we told you about the “mind-body connection,” the ways that physical and mental health connect and support — or harm — one another. A classic example of this phenomenon is depression.

Having depression increases your risk for certain conditions, including cancer, heart disease, stroke, gastrointestinal diseases and more. Certain medications can also increase the risk for depression.

There is even a two-way link between depression and weight gain. “Depression and obesity are closely associated,” says Myron Almond, M.D., psychiatrist. “Studies have found that obesity increases the risk for depression in initially non-depressed people by 55 percent, and depression increases the risk for obesity in initially normal-weight people by 58 percent. Complicating the issue is that many medications given for depression have weight gain as a significant side effect.”

It is critically important for women to be aware of this connection, says Annie Cherian, M.D., psychiatrist and medical director of the Lakeview Center. “You have to connect physical illness and depression, because if the depression is diagnosed and treated, the outcomes for the other diseases are better as well,” she says. “Once you treat the mind, the body improves.”

A big problem is that many patients are reluctant to talk about how they feel mentally. “There is still a stigma about admitting to feeling depressed, but women should be aware that it’s OK to talk to the doctor about how you feel,” Dr. Cherian says. “If you are not asked, raise the issue yourself. Initiate the conversation.”

Be sure to mention any symptoms of depression you may have, including sleep disruption, over- or under-eating, excessive crying, trouble making decisions, not enjoying the things you used to enjoy and feeling hopeless or worthless. Also tell your doctor if you are trying any home remedies, like St. John’s Wort.

Remember, you are far from alone. “About 90 percent of adults, at some point in their lives, will suffer from depression,” Dr. Cherian says. Most can be treated effectively. “Ideally, depression and obesity, as well as other conditions, are treated by a team approach that encourages patients to make positive changes in their behavior in addition to medication management,” Dr. Almond says. “Why sit and suffer privately when there are effective therapies?” Dr. Cherian asks. “Help is always available.”

Myron Almond, M.D., and Annie Cherian, M.D., are employees of Baptist Medical Group, an independent affiliate of Baptist Health Care.
The Andrews Institute for Orthopaedics & Sports Medicine offers orthopaedic physicians who specialize in virtually every part of the body plus distinct sports and athletic injuries. That includes dance injuries.

From prevention to treatment of dance injuries, there is a great benefit in seeing an expert who is specially trained to work with dancers, like Elise T. Gordon, M.D., primary care sports medicine. Not only does she provide special medical care for dancers, she also is a dancer herself.

As a performer, Dr. Gordon has experience in adult ballet and ballroom dance. She participated in Pensacola’s “Life’s a Dance” event 2012, often performs in musical theater and opera events and was a Salsa instructor while deployed with the U.S. Navy in Doha, Qatar. As a physician, she trained at the famed Harkness Center for Dance Injuries at New York University, is a member of the International Association of Dance Medicine and Science and serves as the company physician for Ballet Pensacola.

“Dance is one of my passions,” she says, “and there is a big dance community, both social and professional, in our area.” Dancers, like all athletes, are prone to injury. “They suffer repetitive movement injuries, the same as any sport,” she says. Most injuries are in the hips, legs and feet, as you might expect, though male dancers who lift, hold and throw their partner often injure their shoulders. “Ballet dancers ‘on point’ develop toe injuries, ballroom dancers in high heels have foot problems, tap dancers, Irish dancers — they all have orthopaedic issues,” she says.

Common dance injuries include meniscus (knee cartilage) tears, patellofemoral pain syndrome around the kneecap and tendinosis in the hips, knees and Achilles tendon. Dr. Gordon and the Andrews Institute are perfectly aligned to treat dance injuries. The Institute features state-of-the-art on-site imaging (digital X-ray and a 3-Tesla magnetic resonance scanner), radiologists and technologists who specialize in musculoskeletal orthopaedic imaging and interpreting, physical therapy and an ambulatory surgery center.

Dr. Gordon brings her intimate knowledge not only of dancers’ bodies, but also of their minds. “The dance population has a different mindset,” she says. “They consider themselves artists more than athletes. They will try to dance through injuries. It’s hard to get them to stop and rest.

They tend to ignore problems too long.” That’s the wrong approach. “It’s better to come in sooner for assessment and treatment, before a minor injury becomes a bigger issue,” she says.

Along with her practice, Dr. Gordon and her staff also are available to provide sports medicine coverage at area dance events. You won’t find a doctor in this region better suited to the task. “I speak the language of dance,” she says. “I’m like any doctor with an understanding of a particular sport. If you played it, you get it.”

Elise T. Gordon, M.D., is an employee of Baptist Medical Group, an independent affiliate of Baptist Health Care.

To schedule an appointment call 850.916.8700 or go online to TheAndrewsInstitute.com.
Women's Health Through the Ages

What Will Keep You Feeling Great at Every Age?

No one has to tell you there’s a difference between being 25 and 65. Indeed, just about everything in your life changes from decade to decade, as you progress from college-age concerns through marriage, raising a family, working and aging. Health, of course, is a big change-agent. Ask any 50-year-old with an achy back or hot flashes.

And while there are some health concerns common to all ages — eating well and staying active, for instance — each decade of life includes specific health demands. We asked five Baptist Health Care physicians who focus on women’s health to describe what women should do throughout life to maintain good health now and set the path for a healthy future.

If you need a primary care doctor, visit BaptistMedicalGroup.org or call 850.437.8600. To learn more about women’s services at Baptist Health Care, visit eBaptistHealthCare.org or call 850.434.4080.

20-29 Staying healthy throughout your life is not your job alone, says Erika Schneider, M.D., an OB/GYN. “It is a partnership between you and your physican and a commitment to be an active member of your own health care team,” she says. And now is the time to form that team by choosing a doctor you feel you have a connection with and you can trust.

“When I have a new patient, during our first visit, I make it a point to sit down and talk, to help better understand what type and level of care she is seeking,” she says. “We have to establish trust, and I do that by taking time to listen and fully understanding and appreciating what the needs are, physically and emotionally.”

In your 20s, you want to start a solid foundation for good health. That starts with staying up to date on your immunizations and receiving age-appropriate health screenings. Dr. Schneider recommends a full yearly checkup that includes blood pressure screening, breast exam, skin exam and screening for weight gain, tobacco and alcohol abuse, mental health and thyroid levels. A pelvic exam and Pap test are recommended beginning at age 21, or earlier if you are sexually active or have high risk factors for pelvic or cervical disease. Tests for sexually transmitted disease, including HIV, also may be discussed.

“We also want to make sure we create a health plan that focuses on healthy levels of nutrition and exercise to ensure a healthy weight and to manage stress and anxiety,” says Dr. Schneider. Family planning is often a focus. “Family planning is a very intimate, personal journey. Part of that journey includes understanding your desires and creating a plan that is right for you. That can be anything from helping you choose the right birth control to optimizing your preconception health,” she says. If you are planning to start a family, she recommends a preconception check-up. “This allows us to identify what we need to do to get your body ready to conceive and potential risk factors in pregnancy that we need to address early on, such as genetics, age, weight and other maternal health issues like high blood pressure, diabetes and depression,” she says. “And we want to make sure you are consuming a diet rich in nutrients like iron and folate and start you on a prenatal vitamin.”

20s Fast Fact: Now is the time to prepare for healthy bones as you age. Aim for at least 1,200 mg of calcium and 1,000 IU of vitamin D daily through diet and supplements.
30-39 Monica Montoya, M.D., a family medicine physician, recommends a yearly physical exam for all women in their 30s. “At these ages you should be screened for chronic health conditions like obesity, diabetes, high blood pressure and high cholesterol,” she says. “You should also talk to your doctor about any increased symptoms you may need, like a flu shot or a tetanus booster.”

Maintain a healthy lifestyle. “I recommend a total of 150 minutes per week of physical activity, a balanced diet and, if chronic conditions are evident or there is a family history of, say heart disease, address preventive issues if necessary,” she says. “Do discussions about smoking, blood pressure, and preexisting sexually transmitted diseases if the woman is at higher risk.” Physicians also should screen for mental health issues such as depression, though that may depend on the person and history, she says.

Yearly mammography typically begins later, but if you have a family history of the disease, you may need to begin in your 30s. A Pap smear is now recommended every three years after age 30, and if you are screened for the human papilloma virus (HPV) and found to be negative, you can go five years between screenings.

As more women have children in their 30s, Dr. Montoya recommends they discuss their plans with their doctor and include dietary supplements such as folic acid, which helps prevent some birth defects. “Also, fertility decreases as women age, so if you are under 35 and have been trying to have a baby for a year or over 35 and trying for more than six months, and haven’t conceived, you may need to see a fertility specialist,” she says.

The 30s are a busy time, and women with new and growing families need to remember to take care of themselves as well as their children and spouse. “I have found that women in their 30s are able to balance their family well,” she says. “They have more life experience and are usually in a stable place in their personal relationships as well as their careers,” says Dr. Montoya. “However, I always stress that in addition to taking care of their families, they still need to take care of themselves and remain informed about their health. They can do that first and foremost with annual checkups and additional visits throughout the year if necessary to keep chronic medical conditions controlled.”

30s FAST FACT: Blood pressure often starts to creep up in your 30s, so get it checked yearly. Remember, heart disease is the number one health risk of women in this country, just as it is with men.

40-49 Jennifer Driscoll, M.D., a family medicine physician, says this is “a very busy decade for women.” They have multiple roles, caring for kids, working, perhaps caring for older relatives, and one thing I stress over and over is that women need to take time for themselves.”

Women in their 40s still need to focus on primary care with yearly physical exams. “That’s when chronic health problems, like high blood pressure, high cholesterol and early diabetes may be detected,” she says. A check-up and blood test can diagnose these and other conditions early, when they are easiest to treat and reverse. During this decade the “metabolism tends to slow down,” Dr. Driscoll says. “If you haven’t adopted good eating habits yet, now is the time. In your 20s you can splurge on cheeseburgers and your body will forgive you. In your 40s, it’s not as easy!” You also need to add exercise to your life if you haven’t already done so,” she says. “It can be as simple as walking for an hour a day, five days a week.”

Testing for cervical cancer is the same as in your 30s — every three to five years — but Dr. Driscoll recommends that women begin mammography “at least every other year beginning at 40.” Some doctors may recommend waiting until you’re 50 to start mammograms. Your personal physician will help you decide what schedule is best.

Screening for colorectal cancer also typically begins at 50, but those with a family history may need to begin in this decade.

It’s also time to consider some new health issues. Bone health, for instance. To prevent osteoporosis, she recommends weight-bearing exercises and calcium supplements to keep bones healthy as you age.

Heart disease is another new concern. “Keeping your heart healthy goes hand-in-hand with regular exercise, eating well, and getting regular physicals,” she says. “If you have a family history of heart disease make sure your doctor knows. Women should be aware that symptoms of heart disease may be different and more subtle than the typical symptoms for men.”

Women suffering from angina or a having a heart attack may experience unusual shortness of breath, abdominal pain or upper back pain, lightheadedness, or extreme fatigue, rather than crushing chest pain, she says. Now is the time women are heading toward menopause, which commonly begins in the late 40s or early 50s. “You may start to have cyclic irregularities and symptoms like hair changing, hot flashes, insomnia,” she says. “The doctor can make sure these are normal processes and not something else and may offer treatments for the symptoms.”

40s FAST FACT: Your metabolism is slowing down, so calorie intake should be monitored. Exercise is still critical. Use a doggie bag and take home half your meal when you eat out.

50-59 Vicki Roy, M.D., an internal medicine specialist, says that one of her patients once told her, “age is a number and mine is unlisted.” That woman happened to be in her 90s, but it relates to women in this decade as well. Dr. Roy says, “Age truly is a number, and we should not focus on getting older, we should focus on staying healthy.”

That begins with primary care and yearly physicals. Screening for high blood pressure, high cholesterol, high blood sugar and other chronic conditions is, of course, the cornerstone of primary care. But new concerns need attention as well.

At 50 women need to have a mammogram every year,” Dr. Roy says. “Age 50 also is the time to start getting a colonoscopy every 10 years to screen for colorectal cancer, if you haven’t already done so.” Colon cancer is the second leading cause of cancer deaths in this country, but it is often curable when detected early.

At 50 osteoarthritis becomes more common in women than in men, so you should talk to your doctor about bone health too. Dr. Roy says that means increasing weight-bearing exercises to strengthen bones, taking calcium and vitamin D supplements and discussing whether a bone mineral density test is appropriate.

“Here in sunny Florida, you also need a good skin exam,” she says. “What we did before age 18 is coming back to haunt us.” Your doctor will check for suspicious spots or moles and suggest follow up treatment with a dermatologist if necessary.

As metabolism continues to slow during this decade, diet and exercise become more important. “Stay healthy by being more active and eating more high-quality foods,” she advises. Thirty minutes a day of “good old walking,” she says, is the exercise prescription. “It doesn’t have to be at all once. Ten minutes, three to five times a day is just as healthy.”

Finally, menopause is “either knocking on the door or already came,” she says. “And it is a little more difficult to simply accept symptoms; doctors can often help treat the more uncomfortable aspects of ‘the change.”’ Talk about it with your doctor,” she says. For example, medications, such as some antidepressants, can help relieve hot flashes. “You don’t have to go through menopause alone,” she says. “Sometimes just talking about it can help.”

50s FAST FACT: The flu claims about 36,000 American lives a year and sends hundreds of thousands to the hospital. The flu vaccine is now recommended for every age, but its especially important after age 50, when the risk of serious and even life-threatening complications increase.

60 and up Senior women “have a whole gamut of things to focus on,” says Megumi Maguchi, M.D., a family medicine and geriatric care specialist. Preventive health issues are still important on this age group, she says, “There are a lot of preventive measures available for successful, healthy aging. Be proactive.”

Along with the usual screening for heart health, diabetes and other chronic conditions you’ve been monitoring since your 20s, senior women need to address special concerns. Vaccinations against the flu and pneumococcal, which can be devastating at this age, are critically important. You need a new flu shot every year. If you had a pneumonia vaccine before age 65, you may need another. If you haven’t had one yet, one is usually enough for the rest of your life. You also should have the shingles vaccine once after age 65, she says, and other childhood vaccines against diseases like pertussis (also known as whooping cough) may need a booster. “We are seeing an increase in pertussis in the elderly as childhood vaccines start to wear off,” she says.

Bone health is very important now. “All women in this age group should be screened for osteoporosis, and a bone density test is recommended at age 65,” Dr. Maguchi says. Exercise is exceedingly helpful not just for bone health but also for aging joints. Antiarthritic pain can be relieved with regular exercise, even just walking or pool-based movements, she says. Balance exercises may be useful too, but follow guided programs. “I tell my older patients I like their personal trainer because the typical trainers out there know young bodies, but older bodies need different exercises,” she says.

Mammography and Pap smears are still extremely important for this age group, she says, depending on the patient’s capabilities, functioning and projected lifespan. So are eye and hearing exams, because loss of sensory function is closely related to depression and other mental health issues, including isolation. “Social engagement is important because this is when people tend to retreat, and that’s when a lot of illnesses pop up,” she says. “There is no known way to prevent dementia, but we do know that engagement helps.”

Sedentary is your mind active. “Use it as much as possible,” she advises. “Reading, writing, playing music, doing puzzles all help slow cognitive decline.”

60s FAST FACT: Many seniors fall short of recommended guidelines for vitamin B12, a vitamin found in seafood, meat and fortified breakfast cereals that helps reduce healthy red blood cells, protect your nervous system and may help prevent memory loss. Ask your doctor if you need to take B12 supplements.

To make an appointment with a physician quoted in this article, visit BaptistMedicalGroup.org.
You’ve probably already heard about robotic surgery and a remarkable innovation called the da Vinci® Surgical System. This machine allows surgeons to perform minimally invasive, laparoscopic operations with the help of computerized, 3-D glasses and robotic arms that make many operations safer and more precise.

Well, da Vinci recently unveiled a new robotic technique that offers another great benefit — surgery done through a belly button incision instead of several incisions at different points on the body. That means no visible scar after surgeries such as gall bladder removal or hysterectomy. Baptist Hospital is the only hospital in the area to provide this technology.

“In the early 1990s the da Vinci revolutionized gall bladder removal to reduce pain and scarring and speed recovery,” says Robert Rubey, M.D., general surgeon. “Laparoscopy converted a very painful, complicated operation with a large, open incision into a less painful, less complicated procedure,” he says. It required three or four smaller incisions, through which the surgeon inserted instruments. It became the gold standard for 20 years.

Over the past five years, the company changed the shape of the instruments so they could all fit through one tiny incision in the belly button and still be manipulated with skill. “They function just as if they were in your hand,” Dr. Rubey says. “Having just one incision is less painful and cosmetically fantastic,” he says. “You can’t see it at all.” He only uses it for gall bladder surgery now, but predicts it will be used for other types of general surgery in the future.

Tracey Doyle, M.D., OB/GYN, uses single-site surgery between one-fourth and one-third of her hysterectomy cases. “It’s not right for every woman, because sometimes the uterus is too big to remove through one opening,” she says. “But the patients who can have it love it. Cosmetics are especially important to women, and having the choice of one incision that no one can see, versus several you can see, is very important.”

These surgeons are thrilled that Baptist continues to bring the latest technology to the Gulf Coast region. “Making this available to our patients is a great benefit to the thousands of people in our area who need gall bladder surgery every year,” says Dr. Rubey. And Dr. Doyle adds that “Baptist is the only hospital in the area that is able to give women this choice.”

For more information, call 850.434.4080 or visit eBaptistHealthCare.org/RoboticSurgery.

Tracey Doyle, M.D., is an employee of Baptist Medical Group, an independent affiliate of Baptist Health Care.
Pat Neff Groner was a true inspiration, dear friend and pioneering leader for the communities served by Baptist Health Care (BHC). He served as the first chief executive officer of BHC dating back to 1951.

An excited community welcomed the construction of Baptist Hospital in 1949. Shortly thereafter, the board of directors for the Pensacola Baptist Hospital Corporation hired 29-year-old, former Marine pilot, Pat Neff Groner as its first leader. Mr. Groner served as CEO for the new health care system for more than 30 years and proved to be a canny, forward-thinking chief executive who led the state, and in some cases the nation, in health care innovation.

Under his leadership, the not-for-profit, locally-owned health care system instituted Florida’s first and the nation’s third hospital-based air-ambulance program. Mr. Groner led the organization to develop one of the first intensive coronary care units and outpatient surgery programs in the nation.

Mr. Groner’s influence reached beyond the Gulf Coast community to benefit hospitals across the United States. In the 1970s he helped found Voluntary Hospitals of America (VHA) — a national cooperative that today serves thousands of not-for-profit hospitals and health care organizations. For his tremendous contributions to health care across the country, he was inducted into the Health Care Hall of Fame by the American College of Healthcare Executives in 2008.

Mr. Groner has left a tremendous and lasting legacy to the residents of the Gulf Coast, and he is greatly missed.

We remember a remarkable health care leader.

View a video about Mr. Groner and other leaders at BHC: Go to eBaptistHealthCare.org > About Us > Key Leadership > Remarkable Leaders video.
How do women manage the demanding responsibilities of work, family and “me” time? It takes good symmetry and strong support. Read on to see how one Pensacola physician maintains a true balance.

FINDING HER PASSION
Meet M. Elizabeth Cruit, M.D., a multitasking, modern-day mom who loves her family and her job. She decided to become a physician when she was a teenager. Dr. Cruit comes from a family of physicians — her father, two grandparents and younger sister. “I started working at my dad’s office when I was 15,” she says. “Medicine has always been a part of my life and I always wanted to pursue it.” She became interested in urology during medical school at the University of Alabama-Birmingham, and while studying in Russia, observing a urologist who was highly skilled in treating women and children. With these encounters she discovered her career path early on, but in the distant future, she also wanted a family.

BALANCING FAMILY AND WORK
Today, Dr. Cruit is married and has that family. She and her husband, Chandler, work as a team to create a healthy work-life balance. She provides quality care for the patients she serves, and Chandler, a stay-at-home dad, cares for the couple’s three children: CJ, 6; Amelia, 4; and Adelle, 1. “It’s difficult to balance everything,” said Dr. Cruit. “I couldn’t do it without my husband.” Dr. Cruit spends long hours away from home, but she says, “there is a lot less stress about leaving because I know the kids are with dad.”

FUELING A DESIRE TO HEAL
While she’s at work, Dr. Cruit focuses on treatments for all types of urological problems. She is particularly knowledgeable in women’s issues. “I’m interested because I’m a woman too,” says Dr. Cruit. “A lot of women have a need for urological treatments, especially for incontinence. I am glad I can help women feel comfortable with seeing a urologist.” She specializes in minimally invasive and robotic surgeries for women’s gynecological problems. This technology greatly improves the patient experience. “We now have more innovative procedures available to improve incontinence,” she says. “We can do them in less time and we can minimize pain which is certainly better for the patient. Minimally invasive surgery helps patients return home sooner to heal where they are most comfortable and get back to the life they enjoy.”

TRUE BALANCE
Every now and then, Dr. Cruit manages to carve out some time for herself, which she typically spends sewing clothes for her children or baking and decorating cakes. Dr. Cruit also makes it a point to leave work early at least one day a week to make gymnastics practice and soccer games. Finding mom and dad time is more challenging! “We try, but that’s a little tougher,” she says. Teamwork between the couple keeps their family close, and finding a true work-life balance ensures great care for countless patients.

To learn more about Dr. Cruit or to request an appointment online, please visit BaptistMedicalGroup.org.
in the news
NOTEWORTHY PEOPLE, PROJECTS AND AWARDS AT BAPTIST HEALTH CARE

POARCH BAND OF CREEK INDIANS MAKES GENEROUS DONATION

The Poarch Band of Creek Indians donated $964,000 to Atmore Community Hospital (ACH) in Escambia County, Alabama. The hospital provides a range of health care services to the City of Atmore and the community, including vital emergency room services. The initial donation will be used for renovations and equipment to the hospital and emergency room.

Members of Poarch Creek Indians Tribal Council present a check to Atmore Community Hospital. Shown from left to right: David Gehman, tribal council secretary; Garvis Sells, tribal council member at-large; Buford L. Rolin, tribal chairman; Sandy Hollinger, tribal council member at-large; Stephanie Bryan, tribal vice chair; William Grisett, Escambia County Alabama Community Hospitals, Inc. board chairman; and John Tucker, vice president and administrator, Atmore Community Hospital.

BMG WEBSITE AWARDS

Baptist Medical Group recently received an Award of Distinction from the 2012 eHealthcare Leadership Awards recognizing the physician online directory as one of the best in the nation. It was the only award presented to a health care system from the Gulf Coast area, and is the third national award for the website since its launch in January 2011. To explore Baptist Medical Group’s award-winning site, please visit BaptistMedicalGroup.org.

PLATINUM PERFORMANCE AWARD

Baptist Hospital, with the support of its team of 28 cardiovascular specialists, has become the only hospital in the region — and one of only 146 hospitals nationwide — to receive the American College of Cardiology Foundation’s Platinum Performance Achievement Award. For more information on Baptist regional heart care, visit CountonBaptist.org.

CARF ACCREDITATION

An accreditation survey for Lakewview Center Inc. (LCI) by the Commission on Accreditation of Rehabilitation Facilities International (CARF) resulted in an "extraordinarily positive" review. CARF is an independent organization that sets stringent standards for providers of health and human services. LCI was granted a three-year accreditation for delivering high quality services and meeting its mission of helping people overcome life’s challenges.

EXPANSION OF CANCER CARE SERVICES

Quality cancer care is now more convenient than ever for those living in northern Pensacola, Pace and Milton. The Baptist Cancer Institute physician team will now provide quality, comprehensive cancer care at Baptist Medical Park — Nine Mile. This expansion brings the Baptist Cancer Institute locations count to three: Gulf Breeze Hospital, Baptist Medical Towers in Pensacola and now Baptist Medical Park — Nine Mile. To make an appointment at any of these locations, visit BaptistMedicalGroup.org or call 850.469.7975.

LIKE US ON FACEBOOK – BAPTIST HEALTH CARE
HONORING LOCAL LEGENDS

When you live in a community and work for a local not-for-profit health care system, you’re typically driven by a strong desire to improve quality of life for everyone who lives there. It’s more than just a job. You answer to a higher calling. You have concern for neighbors, family and friends, and form special bonds and an affection for the place you call “home.”

On March 5, Baptist Health Care recognized some special people during the annual board of directors meeting. Leaders honored Legends of Baptist Health Care for their character, compassion and selflessness in serving their community. Legends work at locations across the region.

They quietly and voluntarily seized opportunities to help others in need when no one was looking and no one was asking. They inspire brighter days for everyone they encounter. We thank them from the bottom of our hearts.

Watch a video sharing their stories at eBaptistHealthCare.org/BHCLegends.
THE SECOND SUNDAY OF MAY IS ONE of the most popular days of the year for Americans to dine out, send flowers and make that special phone call home to mom. It’s Mother’s Day — a day we express our appreciation for the gift of life.

In many ways mom has been the family “doctor” all our lives. If she can’t fix it, she knows who can, and if the true fix is simply a warm hug, she can cure what ails us. Motherhood is a tough job that comes with no vacation days.

In return, let’s be sure mom is taken care of, not just on Mother’s Day, but every day.

Sign her up for free electronic mammogram reminders. Help ensure she stays on track with appropriate preventive screenings as she ages. Ask if she has a good relationship with her physician, and if not, help her bridge the right connection with someone who listens and is caring.

Mom looked out for us, so let’s all do right by mom and be there for her. Chocolates and flowers are a nice touch too.

Happy Mother’s Day to all the moms in our Gulf Coast community!

Visit eBaptistHealthCare.org to sign up for annual e-reminders and to learn about preventive screenings at all ages. Go to BaptistMedicalGroup.org to find an expert, caring physician.