when the heartbeat falters
TRANSCATHETER VALVE REPAIR Can Help

What Every Teen Needs
Especially FOSTER TEENS

A New Breed of Surgeon
Compassionate, Accessible, Highly Skilled

Here’s the Thing About STRESS
Gulf Coast
HEALTHY LIVING

Spring is about renewal and rebirth. After a cold winter, we’re ready to discover better ways of living our lives and embracing new opportunities. Baptist Health Care is the health system that provides care to help you attain your best life possible. This edition of Gulf Coast Healthy Living is about some of the ways Baptist is making it easier for you to access the world-class services we provide for your family.

For example, the newly renovated Baptist Heart & Vascular Institute is bringing Baptist cardiovascular services together in one easily accessible location, providing our community with some of the most advanced procedures in the nation (page 4). Baptist Medical Group – General Surgery (page 10) and Andrews Institute for Orthopaedic & Sports Medicine (page 7) are adding highly trained specialists and expanding their reach so more people can benefit from their services.

All of these additions and changes have been set in place to benefit the families of the Gulf Coast. Whether your family is made up of adopted or foster children (page 9) or you protect our families by being a good community Samaritan (page 8), the health of our families is a good indication of the health of our community. Healthy Lives’ Meghan McCarthy is bringing community health to our attention in a new column that will help us all lead healthier lives (page 14).

This spring, let us look forward with a refreshed outlook bolstered by good health supported by Baptist Health Care whose Mission is to improve the quality of life in our community.

Mark Faulkner
President and Chief Executive Officer
Baptist Health Care

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Sign up for our e-newsletter at GulfCoastHealthyLiving.org.
MAY IS STROKE MONTH

Did you know that 80 percent of strokes are preventable? There are many risk factors that raise your odds of having a stroke.

1. **IDENTIFY.** Review and identify your lifestyle, medical and other risk factors.

2. **REDUCE YOUR RISK.** Make lifestyle changes and talk to your doctor about medications and other measures you need to take.

3. **ACT FAST.**

   Learn to recognize the signs of a stroke and respond quickly.

**STROKE IS AN EMERGENCY**

ACT FAST CALL 911

<table>
<thead>
<tr>
<th>FACE</th>
<th>ARM</th>
<th>SPEECH</th>
<th>TIME</th>
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<tbody>
<tr>
<td>Look for an uneven smile.</td>
<td>Check if one arm is weak.</td>
<td>Listen for slurred speech.</td>
<td>Call 911.</td>
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**IT COULD HAPPEN TO YOU**

Approximately 17 percent of people on prescription pain medication become addicted over time. It can happen to anyone. Discreet medication-assisted treatment options are available. Call The Summit Group, a specialty practice of Lakeview Center, and ask about medication-assisted treatment using Suboxone® at 850.437.8952, or visit eSummitGroup.org.

**INSECT REPELLENT 101**

Spring means the return of insects. Make use of this quick tutorial to keep your hours outside bite and sting free.

- The most widely studied and most effective repellents contain DEET (N, N-diethyl-m-toluamide, or N, N-diethyl-3-methylbenzamide).
- Choose a repellent that provides protection for the amount of time that you will be outdoors. The more DEET a repellent contains, the longer it can protect you from mosquito bites, with protection times ranging from 1 hour (4.75 percent DEET) to 5 hours (23.8 percent DEET).
- Apply the insect repellent on skin that is not covered by clothing. You can also spray insect repellent on the outside of your clothing since mosquitoes may bite through thin material.
- Do NOT spray aerosol or pump products in enclosed areas. Do NOT spray a pump or aerosol product directly on your face. First spray on hands and carefully rub on your face. Do not allow insect repellent to contact your eyes and mouth.
- After returning indoors, use soap and water to wash skin that has been treated with insect repellent.

provided by Donald Herip, M.D., MPH, FACOEM, an occupational health physician who offers care at Baptist Occupational Health at Baptist Medical Park – Nine Mile.

Learn more about our approach to community wellness. Visit eBaptistHealthCare.org/HealthyLives.

**KEEP CALM AND COME BACK LATER... PUMPING IN PROGRESS**

The benefits of breastfeeding are numerous:
- Faster postpartum recovery rate
- Decreased risk of breast and ovarian cancers
- Quicker return to pre-pregnancy weight
- Additional antibodies to help babies fight off viruses.

However, many women tend to stop breastfeeding once they return to work. Baptist Health Care wants to create a comfortable, private and convenient environment for breastfeeding women in the workplace and throughout the community. Team members at Baptist use a door hanger that says “Keep Calm and Come Back Later... Pumping in Progress.” Other companies and organizations in the community can help by providing a comfortable environment for women who are pumping. Contact Healthy Lives at 850.469.6903 for additional tips and stop by to get your “Pumping in Progress” door hanger at 1901 North E St., Pensacola, FL 32501.
The human heartbeat is one of the most familiar sounds in existence. Its gentle rhythm is a reminder that all is well with a developing fetus. Children listen to it for the first time with plastic stethoscopes that really work. A head rested on a loved one’s chest reminds us of this deep connection; life itself carries on through the heartbeat.

The heart is a fairly simple mechanism consisting of chambers and valves. Its purpose – to circulate oxygenated blood throughout the body. When one of the valves ushering the blood from chamber to chamber becomes defective through prolapse, regurgitation or stenosis, the sound of the heartbeat changes, detectable by the ear. The change may be subtle, a sign that the heart is beating inefficiently and not adequately supplying the body with the oxygenated blood it needs for survival.

Sometimes these defects are minor and a person can continue on for years living symptom-free, but when the symptoms, such as shortness of breath, fatigue and pain, begin to diminish the quality of life, it’s time to see a cardiologist. Such conditions lead not only to a lesser quality of life, but could eventually lead to heart failure or death.
“It can happen over time,” says Dr. Sanon. “Degeneration of the mitral valve can cause it to bellow back into the left atrium with each heartbeat, allowing blood to leak backward through the mitral valve and potentially causing fluid buildup in the lungs. Symptoms may be minimal at first, but eventually can include fatigue, shortness of breath, or a rapid, fluttering heartbeat.”

Approximately half of heart failure patients suffer from mitral valve regurgitation. The condition can happen suddenly as well. If any of the chordae tendineae holding the mitral valve in a closed position snap, overnight a person can experience a sudden onset of symptoms. In either case, when the symptoms are interfering with an active life, surgery is often recommended. In the case of high-risk patients unable to undergo open heart surgery, the MitraClip provides a minimally invasive option that can drastically improve outcomes in even the frailest patient. The clip is a device smaller than a dime that closes the center of the mitral valve and reduces the leak.

“Improvement with transcatheter mitral valve repair is usually immediate,” says Dr. Sanon. “Once we put the clip in, patients see a decrease in symptoms soon after.”

Before the MitraClip procedure, I couldn’t walk 10 or 15 feet without having to sit down and catch my breath. The procedure had an immediate effect. Within an hour I could get up and walk around with no shortness of breath. Two weeks later and I’m getting stronger all the time.

— Richard Zambroski, 82, Gulf Breeze, Fla.

Baptist Heart & Vascular Institute offers a full range of cardiovascular services.
Led by F. James Fleischhauer, M.D., FACC, an interventional cardiologist at Baptist Heart & Vascular Institute, the TAVR team has completed more than 50 TAVR procedures.

AORTIC VALVE STENOSIS

TAVR

Aortic valve stenosis is the calcification and thickening of the aortic valve that makes it immobile. It occurs primarily in the older population and has the same risk factors as atherosclerosis – poor cholesterol levels, high blood pressure and smoking. As the immobility of the valve progresses, it becomes more and more difficult for the heart to do its job of pumping blood throughout the body.

Transcatheter aortic valve replacement (TAVR) introduces a replacement valve at the end of a catheter through a small incision, usually in the leg, making it a good option for patients unable to undergo traditional heart surgery.

“The replacement valve is now in its third generation and advancements have made the procedure an option for even more at-risk patients,” says Dr. Fleischhauer.

Like the MitraClip procedure, the TAVR procedure can be done in 30 to 45 minutes and can require only a day or two in the hospital.

“In order to become a TAVR center, you have to meet stringent criteria set forth by Centers for Medicare & Medicaid Services,” says Dr. Fleischhauer. “You have to have certain surgical volumes, you have to have two surgeons who do a certain number of procedures every year and you have to have an interventional cardiologist who has done a number of structural heart disease cases and there aren’t many of those out there.”

The first TAVR procedure we performed was on an 84-year-old man. When I asked how he was doing after the procedure, he exclaimed that he had slept like a baby. For years, his heart murmur had been audible in his ear, especially when he laid down at night. He had gotten his first peaceful night’s sleep in 15 years.

— Dr. Fleischhauer

To make an appointment with the physicians of the Baptist Heart & Vascular Institute, call 850.484.6500 or visit eBaptistHealthCare.org/Heart to learn more about the many innovative cardiovascular procedures offered.
Michael Milligan, M.D., CAQSM, knows the kind of wear and tear sports can inflict on the body. He’s lived it as a college athlete making his way through school on a football scholarship and lives it now as a competitive endurance athlete. From a young age, sports and medicine intermingled. It was his high school football coach who pulled him aside and advised him to pursue a career in medicine. Now, Dr. Milligan keeps his feet firmly in both worlds as a primary care sports medicine physician at Andrews Institute for Orthopaedics & Sports Medicine and as an athlete actively competing in ultramarathon running events and long-distance cycling across the U.S.

Before joining Andrews Institute, Dr. Milligan served as the head physician for Northwestern University. Before that, he served as the first head team physician for the University of Nevada Las Vegas (UNLV). Dr. Milligan’s practice is not limited to athletes, however. This wealth of knowledge and experience informs the attentive care he provides to patients of all ages and backgrounds.

**GETTING TO KNOW DR. MILLIGAN**

**What do you most enjoy about your role as a primary care sports medicine physician?**

I like the variety of patients I get to take care of. I provide orthopaedic and physical medicine for all levels of activity, children all the way into maturity. I treat everything from concussions and sports anemia to common sprains and arthritis. It’s very satisfying to be able to help patients get back to their life goals, whatever they may be.

**How does your experience as an endurance athlete influence your work?**

Participating in endurance sports provides me with opportunities to help and inspire others. For example, right out of college I cycled with a team from San Francisco to Washington D.C. to raise awareness for people with disabilities. Each day we would stop in a town and either talk to kids in school about disabilities, visit an assisted living facility and help build ramps, or simply spend time with the people there. It was an eye-opening experience that helped me understand on a deep level different ways of physically experiencing the world.
Sexual Assault Awareness Resources
What can I do to help keep others safe or help them if they are victimized?

• First and foremost, be aware of the 24-hour Victim Services Hotline: 850.433.7273. Victims can call this number to speak with an advocate who can help.
• Visit eLakeviewCenter.org > VictimsServices to learn more about services provided locally.
• Always pay attention to your surroundings in parking lots, stores, work or any public place. Call 911 if you or someone else is in danger.

To help keep the street you live on safe, consider joining a neighborhood watch group to form relationships with your neighbors so you can look out for one another.

Child Abuse Prevention Resources
How do I report suspected abuse, neglect or exploitation of children?

• Call the Florida Abuse Hotline: 800.96ABUSE (800.962.2873).
• A telephone device for the deaf (TDD) is available at 800.453.5145.
• Make a report online at FamiliesFirstNetwork.org > Report Abuse.

During April we observe National CHILD ABUSE PREVENTION AND SEXUAL ASSAULT AWARENESS Month. The goal of these observances is to focus on how to prevent these heinous crimes and how to help victims. The following resources can prepare you to be a good community Samaritan and help keep your loved ones, friends and neighbors safe.

Being a PROACTIVE, INFORMED CITIZEN can help inspire entire communities to watch out for one another and promote safety.

In Escambia County, visit EscambiaSO.com or call 850.436.9281.
In Santa Rosa County, CrimePrevention@srso.net or call 850.983.1236.
It isn’t always easy being a child much less a teenager. Finding the right peer group is important, but for some youngsters, finding a safe and loving home is even more important.

Many children in Escambia and Santa Rosa counties have been removed from their homes due to abuse, abandonment or neglect. They need good environments where they can prepare for adulthood. Katherine and Mikhy Koehler have made it their mission to help.

The Koehlers began fostering children in 2014 when they discovered that they couldn’t have children of their own. They’ve fostered several ages, but were especially drawn to one teen named Mary. They met during a group home event sponsored by their church. The three bonded instantly, and when the couple learned that Mary would soon turn 18 and “age out” of the system, they took action to adopt her.

“Some foster teens are not as emotionally mature as others because they didn’t learn basic life skills along the way,” says Katherine. “Some get behind in school because they are moved around. When education isn’t stable, children don’t get that solid foundation needed to lead their best lives.”

As a teacher, Katherine understands many of these issues. The Koehlers continue to foster other children and they get along quite well with Mary. “Mary is fiercely protective of her younger (foster) sister,” says Katherine.

Their fostering experience inspired the Koehlers so much that they started a foster families’ support group, Fostering Hope. The group recruits foster parents and supports foster families.

From their experiences as foster parents, the Koehlers have pulled together some useful tips to help others interested in fostering teens:

- **Be patient.** Foster children have been disappointed for a long time, and some may take a little time to learn how to trust again.
- **Learn about their interests.**
- **Set traditions** such as holiday decorating and family movie nights.
- **Always be available** to give positive reinforcement.
- **Be sure they know that you want to hear what they have to say.** Chances are they’ve never experienced that.

If you are interested in learning more about foster care, visit [FamiliesFirstNetwork.org](http://FamiliesFirstNetwork.org). You also can call **850.453.7777** to speak with a representative.
THERE IS A CERTAIN PERCEPTION OF THE SURGEON.
Brash and bold, the surgeon swoops in to work magic in the operating room but has little to do with preparing the patient for surgery or recovery. If you think of a surgeon as the elusive member of the care team, you need to meet the general surgeons of Baptist Medical Group (BMG) who enjoy taking the time to listen and get to know their patients before and after surgery.

“Doctor in Latin means teacher,” says Beau Aldridge, M.D., a BMG general surgeon specializing in minimally invasive and robotic surgery. “I like to take the time to demystify medicine for my patients and make sure they understand what’s happening to them. Knowledge diminishes fear, and it also allows the patient to be a part of the decision making process.”

It’s this kind of compassion along with the ability to work closely with their colleagues at Baptist Health Care that defines the BMG Surgery team. The fact that they are in daily contact with many of the physicians, radiologists, oncologists, anesthesiologists and other members of the care team gives the surgeons a deeper and more immediate understanding of a patient’s unique situation.

Specializing in Hernia Repair

Hernias are a common health concern affecting people of all ages from young children to seniors. A hernia occurs when an organ pushes through the muscle or tissue that normally holds it in place. For example, a common abdominal hernia occurs when the intestine pushes through the abdominal wall, often becoming visible as a protrusion. Hernias can be symptomless, but they can also be very painful, especially as the day progresses and with heavy lifting or other types of exertion. If it causes pain or restricts movement or activity, surgery may be recommended. “If you see or feel a bulge in your abdomen, call your doctor,” says Dr. Aldridge. “Hernias can be fixed with an open incision, laparoscopically with a camera through a small incision or with the assistance of robotics. In as little as two weeks you can get back to your life the way it was before the hernia.”

As a member of the American Hernia Society (AHS), Dr. Aldridge logs all ventral hernia cases with the AHS Quality Collaborative database that allows him to track recurrence and infection rates and improve overall outcomes.
**What led you to become a doctor?**
I wanted to be a doctor for as long as I can remember. I grew up in a family of nine children and started my medical career taking care of my eight brothers and sisters. It’s a great privilege to take care of people during the most vulnerable time in their life. I feel very lucky to have been called to this profession.

**What do you find most rewarding and why?**
The most rewarding part of my job is getting to know my patients. Every patient has a unique story that I enjoy watching unfold as I talk with them. Together, we design a treatment plan that works best for them.

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**What led you to become a doctor or choose your focus of medicine?**
I developed appendicitis and needed surgery when I was 11 years old. From that day, I knew I wanted to be a surgeon.

**What’s your proudest moment as a doctor?**
Giving good news to my patients is always my favorite.

**Do you have any specific medical interests?**
Colon and rectal cancer, diverticulitis, rectal prolapse, hemorrhoids and fissures.

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**What can a patient expect when they have you as a doctor?**
I’m dedicated to each and every patient who has entrusted me with their care. Trust is very important in the patient/physician relationship, and they’ll find that with me.

**What do you find most rewarding about your line of work?**
It is extremely rewarding to be able to make a person well, to fix something in the body that, for whatever reason, isn’t functioning as it should.

**What are the main conditions you treat?**
Gallstones, hernias, intestinal problems and dialysis access.

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**What led you to become a surgeon?**
In college I realized medicine, and surgery in particular, fulfills my dream of combining art and science in a career.

**What are topics you enjoy educating patients about?**
Each human body is unique in many subtle ways, and illnesses do not necessarily follow the textbook description.

**What are the most common services you provide?**
Upper and lower endoscopies and gastrointestinal surgeries.

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For more information about Baptist Medical Group – Surgery, visit BaptistMedicalGroup.org or call 850.437.8810.
Each year, Baptist Health Care honors a select few exemplary employees who, within the organization and beyond the walls, selflessly exceed far beyond the call of duty. These team members embody the Baptist Health Care values and culture to their fullest. With no expectation or hesitation, they use their skills and kindness to notice the unnoticed, treat the untreated, and rise to the occasion to meet the needs of others at their most vulnerable time. We honor these representatives of our organization as Legends of Baptist Health Care.

Visit eBaptistHealthCare.org/BHCLegends to read their stories.
in the news
PEOPLE, PROJECTS AND PRAISE

PENSACOLA BLUE ZONE
In February, Baptist Health Care brought the Blues Zones Team to Pensacola. Blue Zones’ Tony Buettner met with community leaders, health and medical experts and members of the community to discuss ways the community can turn Pensacola into a Blue Zone, an area where people live long and vibrant lives.

DR. HERIP RECEIVES EXCELLENCE IN INSTRUCTION AWARD
Donald Herip, M.D., MPH, FACOEM, Baptist Occupational Health, received the award for his work with the U.S. Navy and Army residency program. Votes for the honor were cast by physician residents participating in the program.

GCE RENAMED GLOBAL CONNECTIONS TO EMPLOYMENT, INC.
The operations of Gulf Coast Enterprises (GCE) and Vocational Services (formerly known as SVS) transitioned to Global Connections to Employment, Inc. The new GCE is established as a non-profit corporation and functions as an affiliate of Lakeview Center, Inc. rather than a division. GCE will continue to help people with disabilities find employment on the Gulf Coast and across the U.S.

PENSACOLA BLUE ZONE

GCE RENAMED GLOBAL CONNECTIONS TO EMPLOYMENT, INC.

DR. HERIP RECEIVES EXCELLENCE IN INSTRUCTION AWARD

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

Andrews Institute celebrates 9 years of service to the community in April 2016.

Baptist Medical Park – Navarre celebrates 16 years of service to the community in May 2016.

Lakeview Center celebrates 62 years of service to the community in May 2016.

Gulf Breeze Hospital celebrates 31 years of service to the community in June 2016.
Here’s the thing about **STRESS**

It’s not the stress that is the enemy. The real wellness buster is chronic stress.

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

Think about your stress level on a scale of 1 to 10. You may have days (hopefully not every day) when you hit 10, but to avoid the long-term negative health impacts of chronic stress (high blood pressure, sleep issues, etc.), you need some time each day when you get below a 3.

Easier said than done, right? Everyone is different and it may take some trial and error, but this is self-care at its most important. Consider trying one of these practical habits to help bring down your daily stress score. As with most things, consistency is the key.

It can be overwhelming to write something profound and thoughtful at the end of the day, but journaling is a great stress buster if you can work it in.

I like one-sentence journals. I also love five-year journals so as the years pass you can look back and remind yourself, “this too shall pass.”

My favorite is a daily Q & A: Five-Year Journal. The journal gives you a prompt such as:

- Today were you a caterpillar or a butterfly?
- If you could travel anywhere tomorrow, where would you go?
- What feels really important right now?

This modest exercise in self-expression can be personally revealing and provide a healthy perspective.
One hour before sleeping, stop using technology. Most of us are bigger versions of our nine-year-old selves. Just like when we were little, we need to train our bodies with cues to know that it’s bedtime. Try taking a hot bath or shower to turn the brain off. If you’re wound up, do one simple yoga pose called “Legs Up the Wall.” Lie on the floor and put your legs up against a wall so your torso and legs create a 90 degree angle. It feels great on the back, helps you take deep breaths and signals to the other people in your home that you are relaxing. This pose also helps relieve headaches and lower back pain.

Ask yourself if you are a noise or quiet person. I like quiet, but if the house or hotel room isn’t quiet, I have a Pandora station called “Sleepy Time Tunes.” It’s actually a children’s radio station, but it plays acoustic versions of adult songs such as “Faithfully” by Journey. These are adult lullabies to help you relax and doze off for your much needed sleep.

Of course you know I’m going to say that eating clean and moving are also part of the prescription.

Usually the times when it’s the hardest to do is when your body and mood need it the most. The effects of these relaxation techniques are immediate but also cumulative. Try to make relaxation a daily habit. Your body and mind will thank you!

For more information about ways to destress, contact Healthy Lives at 850.469.6903 or visit eBaptistHealthCare.org/HealthyLives.
ANDREWS INSTITUTE
HAND CENTER

Rapid, accurate evaluation and leading-edge treatment for the hand, wrist and elbow.

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