GOOD NEWS: 3-D CAN HELP FIND BREAST CANCER SOONER

LIVE LONGER WHY FRIENDS MATTER

FOSTER PARENTS SHARE THEIR STORIES

EMERGENCY! WHEN TO GO TO AN ER

goodbye, injuries! see page 7

STAY-HEALTHY TIPS FOR WOMEN

TO FIND THE LATEST NEWS, VISIT GCHealthandLife.org
All of us at Baptist Health Care are excited to share with you the premiere edition of our new magazine, Gulf Coast Health & Life.

Health & Life highlights many of the topics that are so essential to living full, happy and healthy lives here on the Gulf Coast. It is our goal to make these stories of interest to readers of all ages. They will be combined with a wide array of useful health information, as well as news about Baptist and our health care Mission to improve quality of life in our community.

Prepare to be inspired by the success stories in these pages. Plus you’ll learn about our exciting new 3-D digital mammography technology; Lakeview Center’s School Program, which helps children with serious mental health conditions who cannot remain in public school; tips for women to stay healthy for a lifetime; and much more.

Respect, compassion, collaboration, accountability, stewardship, quality and integrity are at the heart of each of these stories — things that are important to all of us. At Baptist Health Care, we have developed a culture around high-quality care and excellent patient satisfaction so that no matter who is receiving care, they share the same great experience.

I hope you will join me in looking forward to future issues of Gulf Coast Health & Life throughout the coming year, all full of inspiring stories about people who make the Gulf Coast a great place to call home.

WIN!
Visit GCHealthandLife.org and enter to win one of two $150 Spa Finder gift cards or a luxurious spa gift basket.

3 For the record
An update on healthy habits for you and your family.

4 Giving women the care they deserve
Meet local physicians and learn their tips for helping you stay healthy for a lifetime.

6 It’s an emergency!
Know which ailments are best handled at the ER or other prompt-care facilities.

7 Get moving, pain free
Physical therapy can be a promising option in the treatment of injuries.

8 3-D images can save lives
New digital technology yields clearer mammograms to help doctors spot cancer sooner.

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Each year thousands of children receive mental health services.

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The key to lowering your blood pressure, living longer and staying sharp is right on your speed-dial.

15 Baptist Health Care presents ...
Lifestyle, innovation and prevention.
HONEST ABE KNEW HIS FRUIT

Cherries can have a sweet effect on gout sufferers. Eating 20 cherries a day could cut the risk of flare-ups in half, according to a study by the Boston University School of Medicine. Researchers credit anthocyanins, the antioxidants in cherries, for helping to manage gout, which causes painful inflammation in the joints.

AGING GRACEFULLY WITH TAI CHI

An ancient Chinese martial art might have some unexpected benefits for seniors. Tai chi was found to prevent falls and boost mental health in older adults, according to a study published in the British Journal of Sports Medicine. Researchers believe the emphasis on slow, gentle movements, deep breathing and relaxation are the reason.

SMOKE OUT!

THERE’S GOOD NEWS IN THE CAMPAIGN AGAINST SMOKING—FEWER ADULTS ARE LIGHTING UP. IN 1997, 24.7% OF ADULTS SMOKED, BUT THAT PERCENTAGE DROPPED TO 20.6% IN 2009.

Source: CDC/NCHS, National Health Interview Survey

LETS GET PHYSICAL

How often do you work out? More than one third—35%—of American adults regularly engage in physical activity during their free time.

Source: The National Center for Health Statistics

78%

The percentage of kids between 2 and 17 years old who visited the dentist in 2009. To keep those pearly whites healthy, kids should brush for at least 2 minutes twice a day.

Source: National Center for Health Statistics; kidshealth.org

TUESDAY

That’s the most popular day of the week for babies to be born. An average of 13,415 infants were delivered on Tuesdays in 2008.

Source: National Vital Statistics Reports

GENDER AND LIFESPAN


80.4 YEARS FEMALES

Source: The National Center for Health Statistics

75.4 YEARS MALES

There’s good news for women too. Swedish researchers found a similar link between breast cancer and coffee. Women who drank five or more cups a day were 57 percent less likely to develop an aggressive form of breast cancer than women who drank less than one cup a day, according to their findings, which were recently published in Breast Cancer Research.

SAY IT’S SO, JOE

Those round-the-clock cups of java might do more than give you a jolt—they could ward off cancer. In a study by Harvard researchers published in The Journal of the National Cancer Institute, men who drank six or more cups a day were almost 20 percent less likely to develop prostate cancer than those who drank none.

While we’re often tempted to eat while catching up on email or watching TV, those distractions can cause us to overindulge, says a study published in The American Journal of Clinical Nutrition. Twenty-two volunteers were fed a meal while playing a computer game, while 22 others ate a meal while undistracted. The distracted eaters felt less full and had more difficulty remembering what they had eaten, indicating that memory might play a role in regulating food intake.
FROM WORKING HECTIC JOBS TO TAKING CARE OF the kids, women today often do it all. So it's hardly surprising that a woman's own health can fall low on her priority list.

“Many times women will ignore symptoms they experience because they are more focused on the well-being of others,” says Rachel Holt, M.D., a board-certified rheumatologist with Baptist Medical Group. “But we can’t take care of others we love if we don’t take care of ourselves too.”

Dr. Holt is one of the many clinicians who is passionate about women’s health at Baptist Health Care. Learn from these women how to maintain optimal health in the years to come.

RACHEL HOLT, M.D.
RHEUMATOLOGY
Regardless of your age, it’s important to take care of your bones, muscles and joints, says rheumatologist Dr. Holt. For instance, be sure to stretch properly before exercising and always seek help for injuries immediately. “Injuries can lead to early osteoarthritis,” says Dr. Holt.

As a rheumatologist, Dr. Holt treats diseases of the bones, muscles, joints and autoimmune system. Because these conditions are sometimes hard to diagnose, Dr. Holt combines current research and her clinical experience to help find the best treatment for each patient. Being a good listener is key. “I spend a lot of time talking with patients and listening to their symptoms and concerns,” she says.
CARLETTA COLLINS, M.D.  
HEMATOLOGY/ONCOLOGY
Many people think that breast cancer is the most common cause of cancer death in women, says board-certified hematologist and oncologist Carletta Collins, M.D. In reality, the leading cause of cancer death is lung cancer — for both men and women. “The worst thing a woman (or man) can do is smoke because it increases the risk of lung cancer and most other kinds cancer as well,” says Dr. Collins.

Dr. Collins understands the importance of good health and preventing diseases such as cancer because she lost someone very dear to her during her childhood: her grandfather, who died of lung cancer just before her 12th birthday. “He was my best friend in the entire world,” she says. “Before he died I promised him that I’d do something to help other people with cancer.”

Preventing young girls today from losing a loved one fuels Dr. Collins’ passion for treating patients. She says that working with Baptist’s skilled team of caregivers helps her ensure that each patient gets the best care possible.

M. ELIZABETH CRUIT, M.D.  
UROLOGY
If you think urinary incontinence is a “normal” part of aging, you’re not alone. Although that mindset remains common among many women today, effective treatment is available, says M. Elizabeth Cruit, M.D., a board-certified urologist. But in order to get the help you need, you must first raise the issue with your primary care physician, urologist, or both.

Infection and prolapse (a condition in which the uterus falls down or slips out of place due to the weakening of muscles) are other problems that can be successfully treated. “I encourage you to tell your physician about them so that she can help you,” says Dr. Cruit.

Her love of medicine runs in the family. Dr. Cruit’s grandfather, father and uncle are all primary care physicians, and her sister is completing residency training in general surgery. But Dr. Cruit’s choice of specialty makes her unique, as she was the first female resident in the urology program at Louisiana State University in Shreveport. She also is currently the only female urologist in the city of Pensacola.

THANH HA DUONG-WAGNER, M.D.  
CARDIOLOGY
It’s a common misconception that heart disease is only a concern for men. “Forty million women in the United States have some form of cardiovascular disease,” says board-certified cardiologist Thanh Ha Duong-Wagner, M.D. In fact, heart disease is the leading cause of death in women nationwide.

The good news: You can reduce your risk by not smoking, controlling your blood pressure and cholesterol, and maintaining a healthy weight by regular exercise. “Staying fit can often be a challenge for busy women, so I suggest choosing an activity you enjoy and sticking with it for 45 minutes to an hour every day,” she says.

Dr. Duong-Wagner, who works with the Cardiology Consultants team at Baptist Health Care, feels that a balance of good habits is critical for women to achieve optimum health throughout their lives, even when they are the caregivers to so many others.
**it’s an emergency!**

**KNOW WHICH AILMENTS ARE BEST HANDLED AT THE ER OR AN URGENT-CARE FACILITY**

If you’ve ever watched NBC’s “ER,” you probably remember scenes of George Clooney and Anthony Edwards administering life-saving treatments to severely sick and injured patients. Despite some obvious TV dramatization, the emergency room at the fictional County General Hospital in Chicago did give us a glimpse into the kind of maladies a real-life ER might handle.

“The ER is designed to treat the most seriously injured or ill patients first,” says Cindy Heidorn, ER director at Baptist Hospital. So if you are experiencing life-threatening symptoms such as chest pains, debilitating injuries, severe bleeding, loss of consciousness or any warning signs of stroke (such as sudden confusion, dizziness and numbness on one side of the body), you should go to the ER, where you’ll be treated right away. But if you need treatment for an ankle sprain or a sore throat, consider urgent care.

For life’s non-life-threatening accidents or illnesses, the fastest, most convenient and least expensive place to get care is not the ER. It’s at one of Baptist Health Care’s many Walk-In Care and Urgent Care facilities. In fact, the names themselves explain how they work.

“At a Walk-In or Urgent Care center, you can simply walk right in without an appointment and get quality treatment from physicians who are trained to care for everything from the common cold to muscle strains to minor bumps and bruises,” says J. Ole Olsen, M.D., family practice physician at Baptist Medical Park-Nine Mile. “We can take imaging studies like X-rays and CT scans, perform basic lab and lung tests with state-of-the-art equipment,” Dr. Olsen adds.

And if the problem is more serious or complicated, physicians can stabilize the patient while staff arrange for a quick and seamless transfer to an ER. “We often send one or two patients a day to the hospital,” Dr. Olsen says.

Of course, the timing of an illness or accident is an important part of deciding where to turn for care, says Heidorn. “If it’s 2 a.m. and you think you need treatment, by all means come to the ER,” she says. “But if it’s something that can wait until the next day, you’ll save time and money by going to a Walk-In or Urgent Care facility.”

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**ESCAMBIA COUNTY**

**SANTA ROSA COUNTY**

**URGENT CARE CONDITIONS**

- Ear Infections
- Gastrointestinal Problems
- Mild Asthma Attacks/Respiratory Infections
- Minor Broken Bones
- Minor Burns
- Minor Infections
- Pelvic Infections
- Rash
- Small Cuts That May Require Stitches
- Sore Throats
- Sprains
- Strains
- Urinary Tract Infections
- **WHEN TO SEEK AN EMERGENCY ROOM**
  - Abdominal Pain
  - Chest Pain (Combined with Nausea, Extreme Pain, Excessive Sweating or Chills)
  - Heavy Bleeding
  - Large Open Wounds
  - Loss of Consciousness
  - Major Burns
  - New and Severe Pain, Especially in the Head
  - Severe Head Injury
  - Spinal Injuries
  - Sudden Change in Vision
  - Sudden Weakness
  - Trouble Breathing

*Please note that each health care concern is specific to the individual, and may be treated differently from patient to patient. As always, call 911 for life-threatening situations.*

**7 MORE REASONS TO VISIT A WALK-IN/URGENT CARE FACILITY**

All of Baptist’s Walk-In Care and Urgent Care facilities are equipped to treat minor, non-life-threatening illnesses and injuries and to provide basic lab tests. Depending on location, they may also offer:

- School examinations
- Sports physicals
- Routine immunizations
- Prescriptions
- Imaging tests
- Specialist referrals
- Occupational medicine

**FOR MORE INFORMATION**

For directions to the nearest Walk-In/Urgent Care center or ER near you, please call 850.434.4080 or the toll-free number 1.888.242.5240. As always, call 911 for life-threatening situations. You can also find more information about our facilities at ebaptistHealthCare.org.
get moving, 
pain free!

PHYSICAL THERAPY CAN BE A PROMISING OPTIONS IN THE TREATMENT OF INJURIES

WHEN IT COMES TO JOINT AND MUSCLE PAIN, we’re often tempted to self medicate with rest, ice or over-the-counter medications. But if your pain is chronic, preventing you from enjoying everyday activities such as going for a walk, gardening and playing with your children or grandchildren, it may be time to see an expert.

About 90 percent of orthopaedic issues can be treated with non-surgical treatments, says Joshua G. Hackel, M.D., director of primary care sports medicine for the Andrews Institute for Orthopaedics & Sports Medicine in Gulf Breeze. The Andrews Institute offers patients the opportunity to work with licensed physical therapists, who can help treat painful musculoskeletal conditions.

The most common ailments physical therapists handle include plantar fasciitis (heel and foot pain), frozen shoulder (when inflammation of the shoulder causes pain and loss of motion), small rotator cuff tears (an injury to the tendons and muscles that stabilize the shoulder) and “runner’s knee” (refers to several conditions related to overuse or weakness commonly seen with runners). Those conditions include pain around the kneecap (patellofemoral pain syndrome) and pain along the outside of the knee (iliotibial band syndrome).

If you’re hurting, don’t wait until the problem progresses to get help; physical therapy can help prevent relatively minor problems from becoming major ones. “Many small injuries can grow more complex over time,” says Dr. Hackel. “If addressed early, they are much easier to manage successfully.” For instance, by correcting problems in an achy joint, physical therapy can help minimize the inflammation and bone-on-bone contact that can cause or exacerbate arthritis.

The first step toward relief is identifying the source of the problem. “If you’re suffering from knee problems, for instance, we’ll perform a full structural analysis from the hip to the knee to the ankle to find where the weakness is,” says Stephen LaPlante, a physical therapist for the Andrews Institute. Possible causes of pain may include a structural misalignment or lack of muscle strength, LaPlante says. Next, your physical therapist and Dr. Hackel will design an appropriate treatment regimen to help loosen tight muscles and improve muscle strength surrounding damaged joints.

Common treatments for shoulder problems include stretching and muscle-building exercises. “We start by increasing range of motion through hands-on stretching done by the therapist and special equipment,” says Andi Nelson, also a physical therapist for the Andrews Institute. Once range is restored, the goal is to build strength to support the joint and prevent further injury.

Other typical treatment options for orthopaedic problems include stem cell and platelet-rich plasma (PRP) injections, medications, braces and orthotic devices. “Patients are often amazed at how much improvement they make, and they tell us they never realized how successful physical therapy could be,” Dr. Hackel adds. “It’s not a magic bullet — it takes time and effort on the patient’s part — but it works.”

DID YOU KNOW?
- In a study of 1,435 NCAA Division I female soccer players, the players who participated in a physical therapy program had a 41% lower ACL injury rate than those players who only did a warm-up before practice.

FOR MORE INFORMATION
To schedule an appointment with a physician or to find out more about our rehabilitation facilities across northwest Florida and southern Alabama, visit TheAndrewsInstitute.com or call 850.916.8700.

Dr. Joshua G. Hackel, M.D.
Dr. Joshua G. Hackel is a board-certified sports medicine physician treating all non-surgical orthopaedic and sports medicine injuries and conditions. Clinical interests include ultrasound for diagnosis and treatment of orthopaedic injuries, peripheral joint injections, regenerative medicine and injection therapy.
3-D images can help save your life.

NEW DIGITAL TECHNOLOGY YIELDS CLEARER MAMMOGRAMS TO HELP DOCTORS SPOT CANCER SOONER.
ONE IN EIGHT — THAT'S THE NUMBER OF WOMEN who will develop breast cancer sometime in their lifetime. Although the disease is currently the second-leading cause of cancer death among women, if detected early, the five-year survival rate is a promising 98 percent. That's why Baptist Health Care is passionately committed to providing the very best in breast cancer screening and diagnostic tools, including the latest generation of digital mammography equipment — an exciting advancement that takes sharper, more detailed pictures of the breast using sophisticated 3-D technology.

Baptist is the first hospital in Florida to gain FDA approval for the new equipment, called the Selenia Dimensions digital breast tomosynthesis system. Unlike conventional digital mammography, which produces 2-D images, the new system produces a combination of both 2-D and 3-D renderings. The result, according to FDA studies, is improved ability to distinguish between cancerous and non-cancerous cases.

One of the main limitations of conventional digital mammography is that its images can be distorted by dense breast tissue or overlapping structures, which may hide lesions or cause benign areas to appear suspicious. The new digital mammography equipment corrects this by taking more precise, detailed images at various angles, which can be reconstructed to create a 3-D view of the breast. Doctors are then able to examine the inner architecture of the breast without distortion. For patients, this can mean fewer call backs for additional screening and testing, fewer false alarms and a better chance that cancer will be detected early.

The examination, which is currently offered at Baptist Hospital, takes only seconds longer than conventional digital mammography, and the 2-D and 3-D images can be produced from the same compression. Although the combination of 2-D and 3-D images during a scan increases your dose of radiation exposure, the FDA says it's still a safe amount for patients.

If you'd like to schedule a mammogram, Baptist offers same-day and next-day appointments in four locations: Baptist Hospital, Gulf Breeze Hospital, Baptist Medical Park-Nine Mile and Baptist Medical Park-Navarre. The American Cancer Society recommends that all women ages 40 and up have a screening mammogram every year, together with an annual clinical breast exam and monthly self-examination.

MAMMOGRAMS:
WHAT YOU SHOULD KNOW

4 TIPS FOR GETTING THE MOST FROM YOUR EXAM

1. MAKE SURE THE FACILITY HAS A RECORD OF YOUR PREVIOUS MAMMOGRAMS. If it's your first time getting a mammogram at Baptist, be sure to collect your old mammogram files and bring them with you. It's small changes over time that raise suspicions. Without earlier films for comparison, a doctor may spot something that actually has been there for five or 10 years. That could lead to an unnecessary biopsy.

2. PLAN AROUND YOUR CYCLE. If you are still menstruating, try not to schedule your mammogram during the week just before your period. Instead, pick a day when your breasts are not tender or swollen to help reduce discomfort.

3. SPEAK UP ABOUT SYMPTOMS. There are two branches of mammography: screening and diagnostic. Screening is your yearly test. You zip in and out. With diagnostic mammography, plan for your exam to take longer.

   If you are having specific symptoms — you feel a lump, for example, or have nipple discharge — be sure to tell your doctor. He or she needs to know what you’re experiencing in order to determine if extra tests are needed. It might not even be a mammogram that’s required — your doctor may want you to have an ultrasound exam instead.

4. FIND A CERTIFIED FACILITY. The federal Mammogram Quality Standards Act (MQSA) of 1992 sets minimum criteria for both equipment and professionals’ training, and annual inspections are the basis for the certification that permits a center to operate legally. You should always get a mammogram by a facility with this certification, which Baptist holds.

FOR MORE INFORMATION
For more information or to schedule a mammogram appointment at Baptist Health Care, please call 877-469-7500 or visit eBaptistHealthCare.org/DigitalMammography.
LAKEVIEW CENTER PROVIDES MENTAL HEALTH SERVICES TO THOUSANDS OF CHILDREN EACH YEAR

NINE-YEAR-OLD TASHA* SUFFERS FROM BIPOLAR DISORDER, a psychiatric condition characterized by severe mood swings. Last year the girl became so aggressive that she had to be removed from school. Luckily, there’s an alternative for Tasha and kids like her: Baptist Health Care’s Lakeview Center Day School Program, designed for children who cannot remain in the public school system because of serious mental illness.

To help kids in the school program succeed, counselors use a combination of individual and group therapy, behavior modification, medication management and other techniques. Kids move up a “ladder” system by earning points for good behavior. “When they reach the highest level — Level 1 — they are deemed ready to go back to regular school,” says Linda McCray, clinical counselor at Lakeview Center.

Tasha is almost ready to return to public school. “She has stopped showing aggression and running away; in fact she is a role model here to the other children,” McCray says. Adds her grandmother, Ethel*, who has taken care of her since the age of 2: “I’ve seen so much progress in her.”

This is just one of the programs offered at Lakeview Center, a non-profit organization affiliated with Baptist Health Care that “provides services to more than 7,000 children each year who find themselves neglected, abandoned and/or in desperate need of care,” says Gary Bembry, Lakeview president and CEO. Lakeview also offers behavioral health care and vocational services for adults, psychiatric evaluations and individual outpatient counseling for kids and outreach programs for the Santa Rosa and Escambia school districts. In addition, it facilitates foster care and adoptions through the Florida Department of Children and Families. “Our counselors provide group therapy sessions and crisis response programs if there is a tragedy in school,” says Shaun Dahle, director of School-Based Services.

Construction of a new three-story building (see artist’s rendering above) on Lakeview’s main campus is currently under way. It’s expected to be completed by next spring and will house all of its children’s service departments under one roof. “This will help improve communication and be more convenient for children and their families,” says Edna L. Williams, director of Children’s Behavioral Health Services. “We also will provide more medical services to complement our mental health care. That way we can treat the mind, body and spirit of each child in one location.”

These children do have a future. Your contribution, along with those of our other donors, will help assure the children’s building is completed early next year.

*(Editor’s note: Name has been changed to ensure privacy.)
EVER SINCE THEIR OWN SONS GREW UP AND MOVED OUT, Merrilee and Colin Ryan have taken in five foster children. Vicki and John Lanning, a couple in their 30s with no children of their own, have welcomed three siblings into their family. Takia Berry, a single woman in her 30s, just accepted her second foster child. And Bill and Linda, a married couple with three grown children, have fostered 95 kids since 1987.

Although they come from all walks of life, these foster parents share one thing in common: a desire to help children in need. The parents were matched with their foster children through the Foster Home Development program of the FamiliesFirst Network of Lakeview, Inc. By sharing their experiences, they hope to inspire others to take in children in Escambia, Santa Rosa, Okaloosa and Walton counties.

“Children from newborns through age 17 come into the system daily, and they need loving families to care for them until their own families are ready to bring them home,” says Connie Werner, team manager of Foster Home Development. The stay could be as short as one night or span several years; some parents even adopt their foster children. “The experience makes a huge difference in a child’s life,” Werner says.

Why do people decide to become foster parents? The reasons are as varied as the parents themselves. As a deputy with the Escambia County Sheriff’s Department, Berry, for example, has seen many children removed from the care of their biological parents because of abuse and neglect, and she wanted to help give some of these kids a better life. She is now caring for a boy, 13, and a girl, 4.

For the Ryans, who are in their 50s, a case of empty-nest syndrome inspired them to become foster parents. “We missed having a house full of kids,” Merrilee says. So two years ago they decided to take in two teens, and have since adopted them. They also recently took in three siblings ages 8, 10 and 11, whom they hope to adopt as well.

Some foster parents welcome children with special medical needs, such as retirees Bill and Linda (the couple would like their last name to remain anonymous), who have cared for 95 children since 1987. A former school nurse, Linda has a soft spot for drug-exposed babies, including twin boys the couple cared for in 1990. “Today the boys are both in college and doing very well,” she says. The couple now has a 10-year-old adopted daughter, who they first took in at 3 days old.

Unexpected events also can inspire people to open their homes to foster children. Although the Lannings, both 34, were considering adoption, they decided to become foster parents after Vicki heard that three siblings attending the preschool where she taught might be split up because their then-foster parents couldn’t continue caring for them. “We thought, why not give these children the love and respect they need to move on in their own lives?”

If you feel you’re better equipped to care for a certain age or gender, you can specify your preference as well as any behavioral issues you don’t think you can manage. In order to be matched with a child, each foster parent must complete a mandatory eight-week training program.

“If you are thinking about becoming a foster parent, I suggest doing it,” says Merrilee. “You can talk yourself out of it easily, but if you have a heart for kids, it’s the hardest job you will ever love.”
NO BONES ABOUT IT
If you have an injury, get checked out by internationally renowned orthopaedic surgeon James R. Andrews, M.D., who is seeing patients Monday through Thursday at the Andrews Institute for Orthopaedics & Sports Medicine in Gulf Breeze. In addition to his surgical skills, Dr. Andrews is noted for his research in knee, shoulder and elbow injuries, and his passion for injury prevention in youth sports. For more information visit www.TheAndrewsInstitute.com.

COMPASSIONATE CARE X 6
Baptist Health Care recognized its 2010 Legends — employees who go above and beyond to improve the quality of life for people in the communities served by the organization. Congratulations to Lauren Dial, Sherry English, Susan Hadden, Erica Elkins-Little, Sika Simutowe and Ray White, who exemplify the Mission of Baptist Health Care and encourage the best from those around them. Read their inspiring stories and see their videos at www.BHCFocusOnExcellence.org.

GROWING TO MEET COMMUNITY NEEDS
In an effort to better serve the community, Baptist Health Care launched three major campus renovation and expansion projects in 2010. Gulf Breeze Hospital’s $5 million dollar project was completed in April 2011; construction on the Baptist Hospital Campus’ $24 million project continues on schedule; and Lakeview Center’s $6 million outpatient children’s services project began in December 2010. These state-of-the-art facilities will offer cutting-edge treatments and technology to complement Baptist Health Care’s award-winning culture of service and quality.

OPERATING ROOMS GO DIGITAL
Experience less discomfort and a quicker recovery when your surgery is performed in Baptist Health Care’s recently completed hybrid i-Suite® digital operating room, which is specially designed to support minimally invasive procedures. The room features a high-definition medical video system that provides optimal viewing for surgeons, and ceiling-mounted equipment to increase functionality. Baptist plans to open four additional digital operating rooms with the completion of its construction project later this year. For more information, visit www.eBaptistHealthCare.org/GeneralSurgery or call 850.469.2053.

AWARD CIRCLE
Baptist and Gulf Breeze hospitals received The Joint Commission accreditation for 2011-2014 for commitment to patient safety and quality of care.

MOVING ON

Thanks for voting
Baptist Health Care “Best Place to Work” in the Pensacola News Journal “2011 Best of the Bay” reader’s choice awards.

- Kirk Ball, Sr., was elected chairman of the Baptist Health Care Board of Directors at the Board’s annual meeting. Ball has served on the BHC Board since 1999, most recently as vice chairman.
- Bill Perkins, an employee for Baptist Health Care for more than 21 years, has been named vice president of operations for Baptist Hospital. Perkins spent the last three years as administrator of Atmore Community Hospital.
- Paul Glisson, D.O., joined the staff as the system’s first chief medical informatics officer. In his new role, Dr. Glisson will support clinical information technology applications and physicians throughout the system.
- Sharon Nobles has been promoted to vice president and treasurer for Baptist Health Care, where she will oversee the organization’s finances and investments. In addition, she will coordinate the capital acquisition process.
events to remember

“An Evening with Leigh Anne Tuohy”
The inspiring real-life mother played by Sandra Bullock in the hit film The Blind Side gave a moving speech at this Baptist Health Care Foundation event that was held at Olive Baptist Church on April 15. Tuohy brought attention to Lakeview Center services and a new children’s building that will bring behavioral and child protective services under one roof to provide a higher level of care for children and families.

1. Becky Pappas, Christy Manderson, Barbara Chisolm, Leigh Anne Tuohy, Taska King and Leslie Jackson
2. Linda Sorrell, Leigh Anne Tuohy and Steve Sorrell
3. Kirk Ball and Leigh Anne Tuohy
4. Barbara and Jaime Crossland, and Leigh Anne Tuohy

For more information about this event or the Baptist Health Care Foundation, please call 850.434.4748.

For additional details about Lakeview Children’s Services, please call Edna L. Williams, Director of Children’s Behavioral Health Services, at 850.469.3807.

“Women’s Night Out”
More than 50 women enjoyed a fun-filled event on May 17 at Verona’s, hosted by the executive committee of the Women’s Board of Baptist Health Care Foundation. The event served to thank current members for their support and encourage new members to join.

5. Gayle Ammons, Michele Tassin-Gomez, Lynn Mortimer and Diane Mallon
6. Brooke Hicks and Jeannine Ballenberger
7. Jan Alverson, Abby Hunt, M.D., and Cecilia Hansford

For more information about this event, please call 850.434.4748.

SAVE THE DATE: stepping out in style

Looking for some fall style inspiration? Come to the Women’s Board of Baptist Health Care Foundation’s 35th annual fashion show and luncheon, held at 11:30 a.m. on October 20 at New World Landing. The event will feature beautiful fashions from Belk Cordova Mall. Tickets are $40 and sponsorship opportunities are available.

Call 850.434.4748 for more information.
OUR FRIENDS ARE THE ONES WE CHOOSE, THE ONES WE want to invite to the party. But did you know those handpicked companions also are scientifically proven to help us lead longer, healthier lives? Because you choose friends with similar values and belief systems, experts say they’re often better equipped than family to provide comfort and motivation.

Having buddies is so good for us that its opposite — social isolation — is a risk factor akin to smoking, high blood pressure and obesity, according to recent research. Here are four ways your social circle keeps you healthy.

CONTROLLING YOUR BLOOD Pressure: Heart disease is the No. 1 killer of Americans, and high blood pressure is often the primary cause. But according to new findings in the journal *Psychology and Aging*, friends can help keep it in check. In the four-year study of 229 people between ages 50 and 68, those identified as the loneliest experienced a 10 percent spike in blood pressure. Even the “modestly” lonely were affected, said lead researcher Louise Hawkley, noting that “loneliness behaved as though it is a risk factor in its own right.”

HELPING YOU STAY FIT: Whether it’s climbing a steep hill with a heavy backpack (like subjects in a University of Virginia study), losing weight or sticking to a workout program, enlisting a buddy makes a task seem less daunting. In the University of Virginia study, those who trekked with a friend perceived the hill to be less steep than those who sweated their way to the summit alone. And in a University of Connecticut study of 189 women, strong social support proved to be a key factor in whether they stuck with a workout plan for a year or longer.

HELPING YOU LIVE LONGER: It’s not family ties, but friendly ties that aid longer life, according to data from the 10-year Australian Longitudinal Study of Aging, completed in 2004, which followed nearly 1,500 people ages 70 years and older. After adjusting for other factors that affect longevity, researchers found that those with a strong social network were 22 percent less likely to pass away during the study. The friends-longevity link was so strong it persisted despite stressful events such as the death of a spouse or the relocation of a loved one.

BOOSTING BRAINPOWER: In a Harvard study of the elderly, memory among those with few friends declined at double the rate of those with plenty of pals. And the finding gets added support from a Kaiser Permanente study in which strong friendships were shown to protect people from Alzheimer’s and other forms of dementia. Seems exchanging information, opinions and ideas — even if it’s about the latest Hollywood movie — can keep a person’s thinking keen. ☁
PHYSICIANS AT BAPTIST HEALTH CARE do more than just administer top-notch care—they’re also committed to educating the community on a variety of health topics. Read on to find out how we take the lead in helping patients lead a healthy lifestyle, understand medical innovation and practice disease prevention. Then mark your calendar for upcoming seminars presented by our doctors.

LIFESTYLE
Almost two-thirds of American women are overweight or obese, but those extra pounds can wreak havoc on a woman’s health. Excess weight can increase the risk of heart disease, stroke, diabetes, high blood pressure, cancer and other maladies. Luckily, women can learn to control their weight by exercising regularly, eating a well-balanced diet and finding healthy ways to manage stress.

FOR MORE INFORMATION:
To learn more about the dangers of obesity, attend our seminar “SIZE DOES MATTER: EFFECT OF WEIGHT ON WOMEN’S HEALTH,” presented by Lisa Tucker, M.D. Friday, August 12, 9 to 10 a.m. at Baptist Medical Park – Navarre. Wednesday, August 24, 9 to 10 a.m. at Armore Community Hospital in Armore, Alabama. RSVP to 850.469.7897.

INNOVATION
Thanks to state-of-the-art robotic technology, Baptist Health Care has transformed lung surgery from an open-chest operation to a minimally invasive procedure for residents of northwest Florida. The hospital currently offers pulmonary lobectomy (removal of part of the lung) by the daVinci S HD® Surgical System for the treatment of lung cancer. The benefit to patients: less pain, fewer complications and a faster recovery.

FOR MORE INFORMATION:
Learn more during our seminar “ROBOTIC LUNG SURGERY,” presented by cardiothoracic surgeon James L. Nielsen, M.D., F.A.C.S. Wednesday, August 10, 11:30 a.m. at Baptist Hospital in Pensacola. Tuesday, August 16, 11:30 a.m. at the Andrews Institute Athletic Performance and Research Pavilion in Gulf Breeze. Thursday, August 25, 11:30 a.m. at Baptist Medical Park–Nine Mile in Pensacola. RSVP to 850.469.7897.

PREVENTION
The most dangerous type of skin cancer, melanoma is the leading cause of death from skin disease. Exposure to sun and ultraviolet radiation can increase your risk of developing the disease, which can affect all ages. However, melanoma can be treated successfully if detected early, so learning the warnings signs is crucial.

FOR MORE INFORMATION:
Learn how to reduce your risk of developing the disease at the seminar “MELANOMA 101,” presented by hematology-oncology specialist Carletta Collins, M.D. Wednesday, August 17, 9:30 a.m. at Jay Hospital in Jay. RSVP to 850.469.7897.

SAVE THE DATE!
Bring the family to the 19th annual Baptist Health Care Family Expo on Saturday, September 10 from 9 a.m. to 2 p.m. at the Interstate Fairgrounds on Mobile Highway in Pensacola. The event features health screenings and activities for all ages. For more information, call 850.469.2305.
Digital Mammography
Baptist offers same day screenings at four convenient locations:
- Baptist Hospital
- Gulf Breeze Hospital
- Baptist Medical Park – Nine Mile
- Baptist Medical Park – Navarre

QUALITY I EXPECT. CARE I TRUST.
I’m a mom, and I love taking care of my family. I’m also a breast cancer survivor. Baptist Health Care discovered my breast cancer when it was still too small to feel and now I’m cancer-free. As a regional leader in technology that improves lives, Baptist Health Care offers women the latest in digital mammography for unparalleled high-quality images and reliable results - Hologic Selenia Dimensions. While this means faster, higher-quality mammograms, for me it means being a survivor.

Accredited by the American College of Radiology

Visit us at eBaptistHealthCare.org/DigitalMammography to schedule a reminder or call 850.434.4080 to schedule your appointment.