ENJOY THE
great outdoors

SUMMER SKIN SAFETY

GETTING A GOOD NIGHT’S SLEEP?

WHEN TO GO TO THE ER

PROTECTION FOR WEEKEND WARRIORS

TO FIND THE LATEST NEWS, VISIT GCHhealthandLife.org
Summer is here in full force and if you haven’t already, it’s time to head outside. We are blessed to live in one of the most beautiful parts of the country, an area that offers numerous, accessible outdoor activities we can all enjoy.

Getting outside is healthy for the whole family. Whether you choose to enjoy a ballgame, go for a hike or cruise our gorgeous waterways, outdoor activities get us moving and help us connect with others. But be sure to “play” it safe. Read what Dr. James Natalie has to say about injury prevention for the weekend warrior (page 5). And don’t discount the power of nature to soothe stress and insert a little balance into our busy lives. State and city parks offer all members of our community a quick and easy way to get back in touch with a little peace and quiet. A few of our physicians share their ideas of favorite outdoor activities (page 7).

The hot Florida weather also gives us a reason to lighten up our menus and enjoy fresh produce and seafood. The summer months bring plenty of opportunities to enjoy an abundance of locally grown fruits and vegetables at our local farmers’ markets. We’ve shared some healthy eating tips and a recipe with you (page 3). If you haven’t gotten in on this trend yet, this is a good time to start.

In this edition of Gulf Coast Health & Life, we look at how we can enhance our enjoyment of the great outdoors while staying healthy and safe. See you at the ballpark!
POOL SAFETY

The summer months mean pool time. It also means it’s time to survey your pool area and make the changes necessary to prevent accidents. Drowning is the fifth leading cause of unintentional injury death in the United States, and the highest drowning rates are among children ages 1 to 4. To ensure your summer is accident free, make sure you have the following layers of protection:

1. SUPERVISION – actively watch any child who is in the pool.
2. PHYSICAL BARRIERS – block entrance to the pool area with a secure gate with a reliable latching mechanism.
3. EMERGENCY PREPAREDNESS – know what to do in case of an emergency. Even if you’re not a parent, take a CPR course. If you’ve already taken one, a refresher course will ensure you’re prepared.

Sources: Centers for Disease Control and Prevention and the Florida Department of Health

FARMERS’ MARKETS

Small or big, indoors or outdoors, there are all types of farmers’ markets to choose from. When you research the markets in your community pay attention to the ones that specify locally grown produce since not all farmers’ markets have local requirements. Organic is an added bonus. Check the listings for farmers’ markets in your local newspaper, or visit localharvest.org/farmers-markets to find one near you.

Source: Good Housekeeping, October 2010

ENJOY LOCAL SEAFOOD

Fresh whole fish should have:
- A shiny surface with tightly adhering scales.
- Gills that are deep red or pink, free of slime, mucus and off-odor.
- Clean, shiny belly cavity with no cuts or protruding bones.
- A mild aroma, similar to the ocean.

Fresh steaks, fillets and loins should have:
- A translucent look.
- Flesh that is firm and not separating.
- A mild odor, similar to the ocean.
- No discoloration.
- Packaging that keeps them from being bent in an unnatural position.

Source: Florida Department of Agriculture

Choose a health care provider that supports healthy habits. Visit eBaptistHealthCare.org.
Most people misunderstand alcohol and drug dependencies. Over the past 20 years, science has made remarkable progress in its understanding of addiction and what works in treatment. Today, through improvements in technology and medicine, we have evidence-based practices that provide increasingly positive outcomes.

We have learned that this progressive, chronic illness is not just a behavioral problem but also a progressive brain illness that rewrites how the brain works. Nearly one in 10 Americans will suffer from addiction in his or her lifetime. Both chemical dependency and process addictions—like gambling—can be treated successfully, as long as a sound recovery plan is developed and followed. It is important to evaluate and treat core issues and co-occurring disorders at the same time.

Today's treatment combines evidence-based practices with a strength-based, holistic approach. According to Larry Davis, director of The Friary, an addictions treatment facility located in Gulf Breeze, Fla., there are three ways chemical and process addictions develop:

**1. Practice/Adaptation.** For the majority of people who develop dependencies, it happens over a 10- to 30-year period. People start out using occasionally, and over time that use increases in frequency and intensity. People may use substances to change how they feel, to minimize pain or to enhance performance. Sometimes the adaptation of use is a form of “self-medicating.” Use is followed by abuse, with increased tolerance, and dependency follows.

**2. Genetic/Developmental.** Thanks to science and modern technology, such as brain imagery, we now know that people at risk for dependencies have less dense areas of dopamine receptors along the brain’s pleasure pathway, a condition known as low dopamine tone (LDP). This puts some people at a higher risk for developing dependency or addiction. If an individual with LDP uses alcohol or other legal or illegal drugs, the risk for dependency increases—and in a shorter period of time.

**3. Combination of Practice and Risk.** People with LDP who regularly use drugs and alcohol develop addiction depen-
As the days lengthen and the temperatures warm, more people will be getting active outside. Regardless of your favorite activity—be it tennis, golf, a pick-up game of beach volleyball, walking or gardening—it’s always smart to think injury prevention first.

“We always see an influx of injuries when people are getting out for the first time,” says James A. Natalie, M.D., a board-certified physical medicine and rehabilitation physician with the Andrews Institute for Orthopaedics & Sports Medicine.

With proper injury prevention, physical activity can be a fun and healthy mood booster. Dr. Natalie offers some facts and tips to help keep your summer activities injury-free. “We don’t want to discourage people from getting out, just do it safely,” he says.

START SLOWLY
“When it gets warmer, get back into activity gradually,” he advises. “The big problem is when you haven’t done anything for months, like the runner who takes the winter off and then tries to run five miles. It’s the same with yard work and playing a sport. People tend to get excited with the nice weather and overdo it.”

If you haven’t been very active during the winter months, start now with easy stretching during the day and a walk in the evening. When you are ready for more vigorous activity, warm up before you move your body in any way, he says. “Stretch before exercise, and do specific stretches for your specific activities. Warm up for five to 10 minutes. And know your limitations.”

TAKE A WALK
Walking is one of the best all-around exercises you can do, he says. Before you hit the road, though, make sure your walking shoes fit well and are in good shape. This can help prevent rolling an ankle or putting undue strain on your knees, hips and back.

The ideal pace is about three to four miles per hour, according to Dr. Natalie. Posture also is important. “Walk with your hips and chest aligned,” he says. “Don’t slouch or lean forward or backward. Your foot should land on the heel first, then the sole roves forward over the center just before pushing off with the toes.”

GET YOUR HANDS DIRTY
If you’re getting into cleaning up the yard, planting a new garden or tackling big house repairs, be wary. “We see a lot of low back pain, ankle sprains, and shoulder and elbow strains from working around the house,” Dr. Natalie says. “That often happens when people try to get a whole project done in one weekend or one afternoon. It leads to significant soreness and fatigue, which can result in muscle breakdown and injury.”

Crouching in the garden can cause back pain, and “picking up stuff and lugging it around” can cause elbow and shoulder pain, he says. Try planting in raised beds when possible to prevent both back strain and knee problems. When lifting, don’t bend over at the waist; instead, keep your back straight, bend your knees to reach down and then lift with your knees to stand up.

GO FOR A RIDE
Every year, more than 544,000 individuals in the United States are injured while riding a bike, according to the American Academy of Orthopaedic Surgeons. Helmets are a must since they reduce the risk of brain injury by 85 percent. Fit and performance are key factors, Dr. Natalie says, so be sure to shop at a reputable bike store. And if you need to buy more stylish helmets to get your kids to wear them, do it. “A bike helmet can prevent a potentially catastrophic injury, but only if it fits properly,” he says.

LISTEN TO YOUR BODY
“Playing through pain” and “no pain, no gain” are common sports sayings, but they are not healthy. Pain is a sign of injury, and when you feel it, stop doing whatever you’re doing. “Know the difference between soreness and something else—a ‘pop’ or feeling something give out,” Dr. Natalie says. A little soreness isn’t unusual and usually peaks the following day. “But if it’s not getting better by 48 hours, or it’s getting worse, that’s a sign to give your doctor a call.”

To schedule an appointment, call 850.916.8700 or go online to TheAndrewsInstitute.com.
PRACTICING WHAT THEY PREACH

BAPTIST MEDICAL GROUP DOCTORS DON’T JUST TELL YOU TO GET OUTDOORS. THEY DO IT!

“Get some fresh air.” You’ve heard it from your mother. You’ve heard it from your doctor. And for good reason. There is plenty of scientific evidence that enjoying the outdoors and moving about is great for so many aspects of your health.

Studies have found that living in a green environment is related to lower levels of stress and being more physically active. Getting outside also may be healthful by reducing your exposure to pollution in homes and offices, which is often greater than outdoors. And when you’re inside, it’s easier to grab a soda and a bag of chips and watch television—and you know that’s not helpful. You don’t need to run a marathon or play five sets of tennis to benefit from outdoor activity. Hiking, gardening, boating—even walking the dog and birdwatching—are all beneficial. In fact, walking for just three hours a week or half an hour each day is associated with a 30 to 40 percent lower risk of heart disease in women. According to one government research paper, walking has a positive impact on at least 16 different areas of health—from weight management to cancer prevention and from reducing chronic pain to lengthening overall lifespan.

Need more reasons to get out and enjoy the great outdoors? Here are five from the Harvard School of Public Health:

■ More vitamin D. Sunlight on your skin leads to the creation of vitamin D, which helps fight conditions ranging from osteoporosis and cancer to depression and heart attacks.
■ More exercise. More time outside means less time in front of the television and computer.
■ Better mood. Daylight is a mood elevator, and physical activity helps people relax and cheer up.
■ Better concentration. Studies have found that children with ADHD focus better after being outdoors. It may help adults too.
■ Faster healing. A study of people recovering from spinal surgery found that they experienced less pain and stress and took fewer pain medications when they were exposed to natural light. Another study revealed that a scenic window view helped recovery in the hospital.

So your mother and your doctor were right. We can’t testify for mom, but many of our doctors practice what they preach. Here’s what they love to do outdoors, and why.

LOGAN RICHARDS, M.D.
Internal Medicine
What outdoor activity I love: Hiking.
Why I enjoy it: You are surrounded by nature. You can explore and go wherever you like.
How long I’ve done it: All of my life, since I was a Boy Scout.
Where I typically enjoy this sport: National parks or even right in my neighborhood.
The health benefits of doing it: Great exercise, can be tailored to your exercise tolerance or activity level.
What I’d recommend to someone wanting to get started in the activity: Get maps of area parks and wildlife refuges; a good pair of hiking shoes and a walking stick also would be helpful.
Fun fact: Dogs enjoy hiking too, so bring them along!

TRACEY THOMAS-DOYLE, M.D.
OB/GYN
What outdoor activity I love: Running.
Why I enjoy it: Running is my escape—my “me” time.
How long I’ve done it: I’ve enjoyed running for about 30 years now.
Where I typically enjoy this sport: I love to run on trails along the beach, but because of my work schedule I mostly run on my treadmill.
The health benefits of doing it: Running helps keep your heart healthy, and muscles and bones strong. An additional side benefit is that it can really help you maintain healthy weight.
What I’d recommend to someone wanting to get started in the activity: Start by running small distances, like to your mailbox and in your neighborhood, and build up your mileage.
Fun fact: I ran in high school and college as a scholar-athlete. I’m also very excited to have qualified for the New York City Marathon.

OLE OLSEN, M.D.
Urgent Care
What outdoor activity I love: Water sports and boating.
Why I enjoy it: Great way to relax, spend time with family and friends.
How long I’ve done it: As long as I can remember.
Where I typically enjoy this sport: Pensacola/Gulf Breeze area waters.
The health benefits of doing it: Fresh air and relaxation goes a long way. Waterskiing also gives you great exercise.
What I’d recommend to someone wanting to get started in the activity: Find what you enjoy, use sunscreen.
Fun fact: I was able to “barefoot” waterski as a young man.

Talk to your doctor about an outdoor activity that’s right for you. If you don’t have a doctor, the summer is the perfect time to make that appointment. Visit BaptistMedicalGroup.org or call 850.437.8600.
We hope you enjoy reading Gulf Coast Health & Life each quarter. Baptist Health Care (BHC) publishes this magazine to inform and to help families connect the dots between prevention, lifestyle and physician-directed care.

BHC has deep roots in this community, and we want to help improve quality of life for everyone who lives here. For us, it's personal. We believe that health care education and information sharing is vital to ensuring the best care for your family and helping you understand what resources are available when your need is more serious.

Our mission is to provide superior service based on Christian values to improve quality of life for the communities we serve. As a result of that mission, our patient- and family-centered culture and status as a not-for-profit health care provider, we have made a profound impact on thousands of lives. Baptist is the area's only locally owned, not-for-profit health care system and the largest non-governmental employer along the Gulf Coast. We have made great strides in service, quality and innovative care as a team—a family.

Having been an integral part of the community for more than 60 years, most people know the Baptist Health Care name. But many don't realize how extensive our services have become. With four hospitals, two medical parks and physicians' offices dotted throughout the community, BHC offers more locations and points of access for primary and specialty care than any other provider in the area. This makes getting the care you need much more convenient.

- Cardiology Consultants was founded in 1977, now an affiliate of BHC. The practice has grown into the region's largest, most experienced cardiovascular group, offering a full range of cardiology care, leading-edge treatment options, research and preventive services.
- BHC affiliate Lakeview Center is the largest area provider of behavioral health services for children and adults. Programs include those for mental health and substance abuse.
- In addition, Lakeview Center's FamiliesFirst Network, in partnership with the Department of Children and Families, provides an array of foster care and related services for the State of Florida.
- Andrews Institute for Orthopaedics & Sports Medicine is a world-class facility with a team approach to orthopaedic care for everyone from a weekend warrior to a professional athlete. People throughout the entire country come to us for a level of expert care that can be found only at Andrews.
- Healthy Lives is the first workplace wellness program of its kind launched in the Gulf Coast area. Membership is growing each day in this program that provides incentives and fun ways to get healthy and stay healthy.

These are just a few of the services and programs we provide. Visit our website so you can really explore all that we have to offer you and your family. We hope you find this magazine and our services helpful. Our goal is to improve health one person at a time. We will continue reaching out to our community and putting an emphasis on healthy, happy families.

For more information about our organization, please visit www.eBaptistHealthCare.org.
Longer days and warmer temperatures beckon us outdoors, but are you too tired to enjoy the extra sunlight? A sleep disorder may be limiting your ability to enjoy summer activities. The only way to get the most out of your day is to get the best out of your night. Now is a good time to consider your sleep habits. If you're not getting enough Z’s, a sleep center can help address what's keeping you from a restorative slumber.

Sometimes you may have poor sleep quality and not even know it, but a few signs are usually present. Have you been told that you snore? Do you feel sleepy at a stoplight or stop sign? Do your legs have a crawling or gnawing feeling? Are you kicking your partner in bed?

“Often the amount of sleep we’re getting is drastically affecting our quality of life and we don’t even realize it,” says Wayne Peacock, registered sleep technologist. “Because we’re unaware of how we’re sleeping at night, we don’t make the connection and get treatment.”

Spending the night at a sleep center will give you a glimpse into your night life. The information gathered about your sleep patterns will allow your physician to pinpoint the problems and prescribe medication or recommend therapy or lifestyle changes that will help you get the most out of your summer.

If you think lack of sleep may be impacting the quality of your life, make an appointment at the Thomas B. Williams Sleep Disorders Center at Baptist Hospital or the Gulf Breeze Hospital Sleep Disorders Center by calling 850.469.7042.

Visit http://bit.ly/sleepscreening or scan this QR code to take a sleep disorder screening and learn about the various support groups offered at Baptist Health Care.
HEALTHY Lives™
TAKES ON THE COMMUNITY HEALTH CHALLENGE

Good health makes a difference in every area of a person’s life—family, community and especially work. But what can an organization do to encourage its members to make wise health decisions? Baptist Health Care (BHC) has the answer. Healthy Lives™ is a comprehensive workplace wellness program for employees and their spouses. By helping individuals set goals as needed in the areas of exercise, weight loss, smoking cessation and diabetes management and by offering a robust reward program for healthy lifestyles, Healthy Lives has made a significant impact on overall health and wellness at BHC. Now the organization is offering the Healthy Lives program to other businesses in the community. “As a health care organization it’s important that we don’t just talk about the importance of health, we have to walk the walk…literally,” says Mark Faulkner, president and CEO of Baptist Health Care. “I had my Healthy Lives screening, and I’m working on my health goals alongside our team members. Team support is a powerful incentive to staying healthy.”

Landrum Staffing and Pen Air Federal Credit Union are Healthy Lives clients that recognize the value of investing in employee wellness. The Healthy Lives wellness program is meant to be customized and integrate into the daily culture of a business depending on that business’ unique needs. Some programs, such as diabetes and weight management, may be offered on site. A healthier workforce can often yield a positive environment, reduced absenteeism and increased productivity as well as the potential to lower individual employee’s insurance premiums.

From our initial employee meetings to the health screenings, to ongoing health coaching and education, the Healthy Lives team at Baptist Health Care is making a difference by giving our employees new tools to take better care of themselves,” says H. Britt Landrum, Jr., president and CEO of Landrum Human Resources and Healthy Lives participant.

HOW IT WORKS
Once an organization signs on with Healthy Lives:

- Individual employees register online, fill out a health questionnaire and schedule a 15-minute health screening.
- At the health screening, the employee will be screened for the following:
  - Biometrics: height, weight, waist measurement, blood pressure
  - Smoking status
  - Blood work: blood glucose and cholesterol levels
- The screening results package will arrive in the mail in three to four weeks. This package will include information on accessing the Healthy Lives member website.

What happens next is up to the member. By living a healthy, active lifestyle and logging activities on the Healthy Lives member site, a member can earn points that may be cashed in at the end of the year. Just one more incentive to live a healthy life!

If you are a business owner, a human resources representative or an employee seeking information for your workplace, contact Meghan McCarthy at 855.469.6903 to learn how to sign on with Healthy Lives.

To learn how to sign on with Healthy Lives, contact Meghan McCarthy at 855.469.6903.
When you or your loved ones need care, it’s important to know where to go for the most appropriate treatment. Whether you have an ear infection or chest pain, it’s helpful to understand the difference between urgent care and emergency care. Urgent care and emergency care centers treat different patient conditions. For non-life-threatening conditions, urgent care can be a cost-effective treatment option, with a co-pay that is far less than the charge from an emergency room visit. The following chart can help you determine the best place to receive treatment for certain illnesses and injuries. Of course, if your emergency is life-threatening, call 911.

### URGENT CARE
Use urgent care to treat an illness or injury that is not life-threatening and doesn’t appear to pose a serious health risk, such as:

- Allergies
- Asthma attack (minor)
- Bronchitis
- Colds, flu, fever
- Cough
- Dehydration
- Dizziness
- Ear infection
- Insect bites
- Migraines
- Minor burns
- Minor cuts/abrasions
- Minor head injury
- Nausea
- Pink eye
- Rash
- Simple fracture
- Sore throat
- Sprains and strains
- Stitches
- Urinary tract infections

### EMERGENCY CARE
Seek emergency care by calling 911 when a serious or life-threatening illness or injury is suspected, such as:

- Chest pain
- Compound fractures (bone visible)
- Confusion
- Fainting
- Fevers in infants less than 2 months old
- High fever
- Ingestion of obstructive objects
- Ingestion of poisons
- Major head injury
- Palpitations
- Pneumonia
- Seizures
- Severe abdominal pain
- Severe asthma attack
- Severe burns
- Severe headaches
- Shock
- Significant trauma or injuries
- Snake bites
- Unconscious or catatonic state
- Uncontrollable bleeding

### BAPTIST URGENT CARE LOCATIONS

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<tr>
<th>Location</th>
<th>Address</th>
<th>Phone</th>
<th>Hours</th>
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<tbody>
<tr>
<td>Baptist Medical Park-Nine</td>
<td>9400 University Parkway Pensacola, Fl.</td>
<td>850.208.6130</td>
<td>7 a.m. to 7 p.m. weekdays 8 a.m. to 3 p.m. Saturdays</td>
</tr>
<tr>
<td>Park-Navarre</td>
<td>8888 Navarre Parkway Navarre, Fl.</td>
<td>850.437.8800</td>
<td>7 a.m. to 7 p.m. weekdays 8 a.m. to 3 p.m. Saturdays</td>
</tr>
<tr>
<td>ACH MedPlus</td>
<td>406 Medical Park Drive Atmore, Ala.</td>
<td>251.368.6245</td>
<td>3 to 9 p.m. weekdays 9 a.m. to 3 p.m. Saturdays 1 to 7 p.m. Sundays</td>
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### BAPTIST HEALTH CARE EMERGENCY DEPARTMENT LOCATIONS

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<th>Hours</th>
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</thead>
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<tr>
<td>Baptist Hospital</td>
<td>1717 N. E Street Pensacola, Fl.</td>
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<tr>
<td>Gulf Breeze Hospital</td>
<td>1110 Gulf Breeze Parkway Gulf Breeze, Fl.</td>
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<tr>
<td>Jay Hospital</td>
<td>14144 Alabama Street Jay, Fl.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Atmore Community Hospital</td>
<td>1401 Medical Park Drive Atmore, Ala.</td>
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James Lonquist, M.D., F.A.C.S.

Cardiothoracic surgeon James Lonquist, M.D., F.A.C.S. treats a common disease that 40 percent of women and 20 percent of men will experience in their lifetime—vein disease (varicose and spider veins).

His insight into each individual’s unique experience with vein disease is complemented by Baptist Health Care’s care approach of treating the whole person. At the newly opened Baptist Vein Center in Gulf Breeze, Dr. Lonquist offers the most innovative laser treatment for vein disease that drastically minimizes pain and bruising and yields rapid recovery times.

“My training as a cardiothoracic surgeon opened my eyes to the problems that come from vein disease and the drastic impact it can have on a person's life,” says Dr. Lonquist.

Vein disease occurs when the valves in the veins no longer function properly, causing blood to pool in the legs instead of circulating. The results range from unsightly spider veins to painful varicose veins.

Spider vein treatment, or sclerotherapy, involves the injection of a solution into the vein, causing the vein to collapse and fade. The treatment is completed in approximately 30 minutes, and there is minimal pain or recovery time.

Varicose vein treatment involves sending a laser fiber up to the top of the vein where it heats up and causes the vein to collapse. The discomfort of vein disease is immediately reduced. Patients can walk the same day as the procedure and return to work in one to five days.

Know the risk factors: gender (women are twice as likely to suffer from vein disease), family history, pregnancy and standing professions.

Avoid standing for long periods of time.

Wear compression stockings.

Do simple leg exercises throughout the day.

Avoid crossing your legs.

Call Cardiology Consultants at 850.484.6500 to learn more or to make an appointment.
GULF BREEZE HOSPITAL: 100 TOP HOSPITALS
Gulf Breeze Hospital was named one of the nation’s Top Hospitals® by Truven Health Analytics, receiving this honor for the second consecutive year. The organization uses objective research and independent public measures of overall organization performance—including patient care, operational efficiency and financial stability—to recognize U.S. hospitals that deliver higher quality and more efficient care compared to other hospitals of similar size or teaching status. To learn more about the study, visit 100tophospitals.com. For more information about Gulf Breeze Hospital, call 850.934.2000 or visit GulfBreezeHospital.org.

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100 TOP HOSPITALS 2013

DIGITAL MAMMOGRAPHY
Baptist Health Care offers digital mammography at Atmore Community Hospital. Thanks to a generous donation from The Poarch Band of Creek Indians, this wonderful service is now available to rural residents! Call 251.368.6378 to schedule a screening.

BAPTIST CARDIOLOGY TEAM COMPLETES FOUR MEDICAL INNOVATIONS
Baptist Hospital and Cardiology Consultants are the first cardiology team in the region to offer leading-edge procedures to Gulf Coast communities.

CEO RECEIVES PACE AWARD
The Greater Pensacola Area Chamber of Commerce announced that BHC President and CEO Mark T. Faulkner received the 2013 Pensacola Area Commitment to Excellence (PACE) Award for Business Leader of the Year.

HOSPITALISTS RECEIVE ADVANCED CERTIFICATIONS IN PALLIATIVE CARE
Peter E. Millington, M.D., and John Boden, M.D., received advanced certifications in palliative care by the American Board of Medical Specialties, designating them as experts in specialized medical care for people with serious illness.

GCE NAMED ONE OF TOP PLACES TO WORK
Gulf Coast Enterprises (GCE), an agency created to provide employment for people with disabilities, is among the “Top 100 Places to Work in Tampa Bay,” according to the Tampa Bay Times. The rankings are based on surveys completed by nearly 35,000 people employed by businesses in the Tampa Bay area. The results appeared in the newspaper’s April 22 issue. Although based in Pensacola, GCE has several contracts in the Tampa Bay region. They include custodial contracts at MacDill Air Force Base, the Hillsborough County Health Department and the V.A. Outpatient Clinic in New Port Richey, and a combination of food and custodial services at the U.S. Coast Guard Station in Clearwater. GCE exists to deliver exceptional customer experiences while helping people overcome life’s challenges. It is part of Lakeview Center Inc., northwest Florida’s largest provider of human services.

BAPTIST HEALTH CARE RANKED NO. 39
Baptist Health Care ranked No. 39 on Training Magazine’s Top 125 list of leading corporate institutions in the U.S. for team member training and people development. Other health care organizations to achieve the recognition include:

- Christian Care Health System (22)
- Miami Children’s Hospital (26)
- Baylor Health Care System (38)

This is the 12th consecutive year Baptist has achieved this national recognition.

To learn more about these recent innovations, and the full list of services available through our heart and vascular team, visit BaptistHealthCare.org/heart.
A business definition of community might be: a self-organized network of people with a common agenda, cause or interest who collaborate by sharing ideas, information and other resources. A more down-to earth-meaning is, people helping people.

Baptist Health Care's (BHC) mission is to improve quality of life for everyone living in the communities we serve. We readily admit that we don't do this all on our own. We depend on vital partnerships with some impressive community stewards.

This past spring, the Baptist Health Care Foundation took the time to say “Thank You!” We recognized the Hollinger Award recipients for outstanding service contributions to the community.

2012 recipients are:
- Gloria Wolfe, Volunteer of the Year
- Kim Lien, Women’s Board Volunteer of the Year
- James Andrews, M.D., Contributor in the Field of Health Care
- Lornetta Epps, M.D., Physician of the Year
- Al Stubblefield, Lifetime Achievement

The award is named in honor of long-time supporters of Baptist Health Care, Pick and Alberta Hollinger, a couple who worked tirelessly to improve the quality of life for those served by Baptist. The 2012 recipients were recognized during the BHC board of directors annual meeting at the Pensacola Yacht Club. To make a donation in honor of the Hollinger recipients, contact the Baptist Health Care Foundation at 850.469.7906. Gifts can be designated for specific services and programs or to areas of greatest need.
SUMMER SKIN SAFETY

DO YOU KNOW THE DIFFERENCE BETWEEN UVA AND UVB?

UVA rays are the aging rays. They cause wrinkles and age spots and can pass through glass. UVB rays are the rays that burn. They do not significantly pass through glass. Both can cause skin cancer, so make sure you’re covered with a broad-spectrum sunscreen of at least 30 SPF to block out both types of rays.

CHECK OUT YOUR SKIN

There are three main types of skin cancer: basal cell carcinoma, squamous cell carcinoma and melanoma. Because each has many different appearances, it is important to know the early warning signs. If you notice one or more of the following signs, see a doctor right away.

- A skin growth that increases in size and appears translucent, tan, brown, black or multicolored
- A mole, birthmark, beauty mark or any brown spot that:
  - Changes color
  - Increases in size or thickness
  - Changes in texture
  - Is irregular in outline
  - Is bigger than 6 mm, 1/4 inch, or the size of a pencil eraser
  - Appears after age 21
- A spot or sore that continues to itch, hurt, crust, scab, erode or bleed
- An open sore that does not heal within three weeks

Source: Skin Cancer Foundation

Learn more about skin health at a free seminar:
IDENTIFYING AND TREATING ABNORMAL SKIN CONDITIONS

- Presented by Monica Nall, M.D., family practice, Baptist Medical Group Family Medicine and Specialty Care Center - Pace Baptist Medical Park, 9400 University Parkway, Pensacola Azalea Room
- Thursday, July 25, 11:30 a.m. light lunch; noon to 1 p.m. seminar
- Reserve your seat by calling 850.469.7897.