Cardiovascular Diagnostics
A Woman’s Foundation for Better Health

More Than 100 Reasons to Foster
One Woman’s Way of Giving Back

A Discreet Option for Opiate Dependency

Get Back to What You Love, Without Surgery

Gulf Coast Healthy Living
SUMMER 2015
A PUBLICATION OF BAPTIST HEALTH CARE

TO FIND THE LATEST NEWS, VISIT GULFCOASTHEALTHYLIVING.ORG
Gulf Coast
HEALTHY LIVING

For many of us, health care means the opportunity to improve — physical health, yes, but also mental health, attitude, habits and general outlook on life. Unfortunately, when a person comes to a health care provider or hospital it’s often because something has gone wrong. A health event brings with it a wake-up call. It’s an opportunity to take stock of your life and figure out where to go from here. Baptist Health Care can help you get back to good health with an array of services focused on the whole patient. These include numerous rehabilitation options from the Baptist Cardiac Rehab Center (page 6) to physical medicine and rehabilitation at Andrews Institute (page 8).

During the summer, our routines traditionally slow down and present a respite in which we can consider new options, be they healthy habits (page 3) or the possibility of fostering a child (page 12). Changes such as these can move our lives in unexplored and exciting directions. But when you feel your life is moving beyond your control, you need an expert to help you get back on track. For someone struggling with addiction, that could be Summit Group (page 13). For someone who has suffered a stroke or other neurological event, the new neuro hospitalists at Baptist and Gulf Breeze hospitals could be the saving grace (page 10).

No matter where you are in life, no matter what trials you’re dealing with, it’s always okay to reach for a helping hand. On the Gulf Coast, that helping hand is Baptist Health Care.

I wish everyone a safe and rejuvenating summer.

Mark Faulkner
President and Chief Executive Officer
Baptist Health Care

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Sign up for our e-newsletter at GulfCoastHealthyLiving.org
BRING OUT THE ANIMAL IN YOU!

Be a copycat – Learn to do stretching exercises just like a cat to boost circulation, aid digestion and ease back pain. In fact, many yoga poses are based on animals. Attend a class to learn camel, pigeon, crow and more!

Throw yourself a bone – Get your daily calcium intake with power veggies like collard greens (133 mg per half cup), okra (62 mg per half cup) and kale (47 mg per half cup) to keep your bones strong. On average, adults between the ages of 19 and 50 should aim for approximately 1000 mg per day and older adults should consume 1200 mg.

Songbird Singer – Singing has many health benefits such as increasing oxygen levels, muscle tone and the positive feelings that come from just letting go! Sing in the shower or during your commute to make deep breathing fun.

TASTY TACO TAKEOVER

4 tablespoons chili powder
1 teaspoon garlic powder
1 teaspoon onion powder
4 pinches of cayenne pepper
1 teaspoon dried oregano
2 teaspoons paprika
2 tablespoons ground cumin
½ tablespoon freshly ground black pepper
Pinch of crushed red pepper or red chili flakes

Combine all ingredients in an airtight container. Shake to combine and store in a dark place to use as needed. Yield: roughly 12 tablespoons

To make tacos, add 3 tablespoons of mixed ingredients to a pound of cooked ground beef, ground turkey, chicken or fish along with a ½ cup of water. Simmer 4 - 5 minutes or until liquid is reduced.

Making your own seasoning is not only more cost effective, but it’s also healthier! Pre-packaged seasonings contain chemicals like MSG and approximately 120 calories, 2300 mg of sodium, 6 g of sugar and no fiber. This homemade version only contains spices, and one serving has 20 calories, 250 mg of sodium, 0.5 g of sugar and 1g of fiber.

HELP IS AT HAND

Watch this video for mental health guidance:

eLakeviewCenter.org/MentalHealth

Call 850.469.3500 to make an appointment with a counselor.

WHEN LIFE DOESN’T GET THE MEMO THERE’S URGENT CARE

All too often, life plows ahead with plans of its own. Fortunately, when you have an unexpected accident or sudden illness, you have choices for excellent, convenient care. Locate the urgent care centers closest to your home, workplace and school, and enter the contact information in your phone. Now you have a plan when the unexpected occurs. Visit

BaptistMedicalGroup.org/urgent-carewalk-care for urgent care and walk-in care facilities in your area.

DON’T GET STUCK WITH THE FLU

Get stuck with the flu shot instead!

Experts recommend you get your flu shot as soon as the vaccination is available, usually in September. It takes about two weeks after the shot to develop enough antibodies to effectively fight the flu, so the sooner you get vaccinated the better. Make your appointment in September and beat the rush to stay flu-free this season.

Learn more about our approach to community wellness. Visit eBaptistHealthCare.org/HealthyLives.
A Woman’s Foundation for Better Heart Health

On average, every 39 seconds an American dies from cardiovascular disease. Approximately half of these deaths are in women. It’s a sobering fact that is gradually becoming widespread knowledge thanks to heart campaigns across the country. However, in 2012, 44 percent of women were still unaware that heart disease is the No. 1 cause of death among women. Lack of awareness is most prevalent in minorities and younger women who still harbor misconceptions about the disease, ranging from the belief that heart disease mostly affects men to the fear that cancer is the biggest threat for women.

“This couldn’t be further from the truth,” said Thanh Ha Duong-Wagner, M.D., FACC, FASE, a cardiologist with Baptist Heart & Vascular Institute. “Cardiovascular disease is the leading cause of death in females in this country. More women die from heart disease than from all forms of cancer combined.”

Heart disease is a term for any disorder that affects the heart and includes conditions that involve narrowed or blocked blood vessels that can lead to a heart attack, chest pain (angina) or stroke. Other heart conditions, such as those that affect your heart’s muscle, valves or rhythm, also are considered forms of heart disease.

“More women die from heart disease than from all forms of cancer combined.”

Often heart disease is symptomless and goes undiagnosed until an individual has a heart attack, experiences chest pain, stroke or heart failure. That’s why ongoing communication with your primary care physician and, when appropriate, regular screenings for heart disease are so important. When it looks like heart disease could be a possibility, thorough cardiovascular diagnostics is the very foundation of an appropriate and effective treatment plan.

“Heart disease is extremely prevalent in our population,” said Dr. Duong-Wagner. “But because heart disease is an umbrella term for myriad different conditions that affect the heart, a clear diagnosis is a fundamental and crucial tool for selecting the correct plan of care and avoiding unnecessary procedures.”

Thanh Ha Duong-Wagner, M.D., FACC, FASE
DIAGNOSTIC TESTING offered at Baptist Heart & Vascular Institute

Echocardiography – ultrasound waves are used to create a video of the heart’s chambers, valves, wall motion and blood flow patterns.

Electrocardiogram (EKG and ECG) – records the heart’s electrical activity to detect abnormal heartbeats (arrhythmias). It can even show a heart attack in progress.

Heart catheterization – a non-surgical method used to diagnose heart disease. A long, flexible catheter is threaded through a blood vessel and guided to the patient’s heart, giving the physician a view of the valves, heart muscle and coronary arteries at work. If your doctor finds a problem during a catheterization, you may be treated right away.

Nuclear cardiology – using a high resolution detector/camera in conjunction with a pharmacologic radionuclide and treadmill test, your doctor can perform a number of different nuclear cardiology studies of the heart.

Stress test – evaluates the heart’s response to increased activity, blood pressure and heart rhythm. It is also used in several ways to diagnose coronary artery disease.

Heart holter/event monitoring – used in diagnosing heart rhythm disturbances that may occur at times when you are away from the doctor. It is used in conjunction with a written diary or log of your daily events and activities. The Holter monitor allows doctors to relate those symptoms to actual variations in heart rhythms, providing them with further diagnostic information for determining the best course of treatment.

Baptist Heart & Vascular Institute has achieved comprehensive accreditation in all areas of non-invasive cardiovascular diagnostics, including full accreditation for echocardiography and nuclear cardiology by the Intersocietal Accreditation Commission.

Help spread awareness of the No.1 cause of death in the U.S.
Visit eBaptistHealthCare.org/BHC/EventCalendar and learn how you can support heart health in your community.

To learn more about Baptist Heart & Vascular Institute, visit eBaptistHealthCare.org/Heart or call 850.484.6500.
Joann’s heart troubles started at the age of 39 when she went in for her first open heart surgery. She went on to have two additional surgeries within six months of each other, followed by a stroke, kidney failure, six weeks in a coma and two cardiac ablations. Joann considers herself a miracle, blessed to be enjoying life with her family on the Gulf Coast. She attributes much of her recovery to the 36 visits she made to the Baptist Cardiac Rehab Center when she was referred to the center for severe shortness of breath. On her first visit she could barely walk on the treadmill.

“I was discouraged and upset with myself,” said Joann. “But by the end of the program I was successfully walking the treadmill at an incline. It was extremely satisfying. It’s hard to explain the exhilaration I felt from that achievement.”

Cardiopulmonary rehabilitation is designed for people with chronic respiratory diseases such as emphysema, chronic bronchitis or pulmonary fibrosis as well as those recovering from a heart attack or other forms of heart disease. The program usually includes twice a week sessions that combine education with therapeutic exercise to help patients achieve maximum independence. Guided exercises can include cardio workouts on the treadmill or elliptical machine and weights, but exercise is only part of the program at the Cardiac Rehab Center. Patients learn proper breathing techniques, energy management, stress management and relaxation methods, and may also learn about nutrition and medications. The goal is to help patients help themselves.

The Cardiac Rehab Center program is generally covered by insurance and requires a physician referral.

After everything, I’m here enjoying life thanks to the awesome team at the Cardiac Rehab Center. There is a light at the end of the tunnel. All it takes is a willingness to participate.

– Joann Anderson, 55
Cardiac Rehab Center Patient

Baptist Cardiac Rehab Center
1717 North E St., Tower 1, Suite 103
Pensacola, FL 32501
850.469.2235

For more information about the No. 1 team in heart care on the Gulf Coast, visit eBaptistHealthCare.org/HeartFirst or call 850.484.6500.
Dr. Mann:

Your Partner in Cancer Treatment and Care

When you or a loved one is facing a battle with cancer, you want an oncologist who is deeply entrenched in the rapidly expanding world of cancer research. David E. Mann, M.D., became interested in biomedical research after completing a master’s degree in chemical engineering and was especially drawn to the fast-pace of oncology research. It was clear there were tremendous advances being made to help cancer patients fight the disease, and he saw an opportunity to make a significant impact by giving patients hope for recovery and a quality life in the future. From the world of chemical engineering, a dedicated oncologist was born.

Dr. Mann embraced the opportunity to work with Baptist Medical Group – Oncology, where he found a unique approach to treatment and follow-up care revolving around a survivorship plan. This plan not only addresses treatment, but also incorporates lifestyle changes such as exercise and improved nutrition – allowing each patient to become an active participant in his or her treatment and recovery.

Meet Dr. Mann

What about your work do you find most rewarding and why?

The most rewarding part is being able to serve each patient and to help each patient persevere through their journey; and perhaps even to help each patient be strengthened by their experience.

What is something about you that only your patients would know?

I avoid taking any personal credit for positive outcomes. Every good gift is from above.

How would a patient describe you?

I strive to emulate the qualities others have taught me – to be a person of faith, compassion, self-control and patience, humility and brotherly kindness, in both deed and truth.

What’s your proudest moment as a doctor?

The moment I was able to take my pride out of the equation.

In your opinion, what’s the most important factor in a doctor-patient relationship?

An understanding that the doctor is a servant to the patient, and hopefully that relationship will lead to an open and honest discussion centering on how to achieve each patient’s individual goals and expectations.

What can a patient expect when they have you as a doctor?

That I will work with you to explore all possible options regarding treatment, give you the time to understand and consider these options and, ultimately, devise a treatment strategy that best suits you. Just as importantly, I’ll be willing to make any changes quickly along the way, if needed.

David E. Mann Jr., M.D.
1717 North E St., Tower 3, Suite 231
Pensacola, FL 32501
850.469.7975

Meet physicians dedicated to improving the health of Gulf Coast residents at BaptistMedicalGroup.org.
Get Back to What You Love, Without Surgery

If you’ve been injured, are struggling to get back on your feet after illness or experiencing chronic or acute pain, surgery may not be your only option.

First, consider seeing a physical medicine and rehabilitation specialist, also called a physiatrist. Physiatry (pronounced fiz eye’ a tree) is non-operative orthopaedic care such as bracing, physical therapy and injections to treat a broad spectrum of nerve, muscle, tendon and bone conditions ranging from arthritic pain and tendonitis to back and neck pain to nerve entrapments. Whether you’re a car accident victim, wounded military, athlete or simply someone who needs treatment to maximize function and get back to a higher quality of life, physical medicine and rehabilitation (PM&R) physicians treat the whole patient, not just their condition.

Physiatrists may use specialty procedures such as:

• Epidural steroid injections
• Peripheral joint, bursa and tendon injections (wrist, foot, hand, knee, hip and shoulder)
• Peripheral nerve blocks
• Botulinum toxin injections
• Facet joint injections/blocks
• Sacroiliac joint injections
• Radiofrequency ablation
• Nerve conduction study/electromyography (NCS/EMG)
• Trigger point injections
• Neuromodulation (spinal cord stimulation)
• Intra-articular cortisone injections
• Viscosupplementation treatment for knees

Can a physiatrist help you?

• Arthritis and joint problems such as hip, knee or shoulder pain
• Back and neck pain
• Car accident pain and injuries
• Nerve pain and injuries

• Sports injuries
• Tendonitis and other musculoskeletal disorders
• Work-related accidents
• Amputations
Welcome
NEW PHYSICAL MEDICINE SPECIALISTS

Trevor Turner, M.D., FAWM
Physical Medicine & Rehabilitation

Fellowship: Wilderness Medicine, Academy of Wilderness Medicine
Clinical Interests: Wilderness medicine, sports medicine with emphasis on care for amputees and disabled athletes, musculoskeletal ultrasound, adventure athletes
Medical Degree: University of Texas at Southwestern Medical School
Residency: University of Alabama at Birmingham

Kristine S. Germann, PA-C
Physical Medicine & Rehabilitation

Clinical Interests: Sports injuries, back and neck pain, non-surgical musculoskeletal medicine
Medical Education: Medical College of Georgia
Certification: National Commission on Certification of Physician Assistants

To find out more or to schedule an appointment, visit AndrewsInstitute.com or call 850.916.8700, option 1.
Two Dedicated NEUROLOGISTS:
Providing Comprehensive Neurologic Hospital Care

When a medical emergency occurs that affects the brain and nervous system, the results can be painful, disorienting and life-altering. A neurological event such as stroke requires immediate, expert care to improve the likelihood for survival and recovery. That’s why you want to select a hospital with neuro hospitalists, specialists who focus solely on the unique care needed by hospital patients.

The complexities of inpatient neurologic care are growing along with the advancing field of stroke care.

“There was a time a few decades ago when neurologists tended to practice palliative or comfort care because there weren’t a lot of other options,” said Keena Risola, D.O., a Baptist Medical Group neuro hospitalist. “But now, new medical research is continuing to yield exciting treatment advances every day. For example, the first prescription to alter the progression of multiple sclerosis (MS) was approved in 1993, and before that life expectancy was only eight to 10 years past the initial diagnosis. Now, with treatment the life expectancy is very close to that of the non-MS population.”

Working in a hospital setting affords neurologists the ability to work with existing technologies, such as telestroke services, to accelerate evaluation and care continuums of stroke patients, as well as address many other types of complex neurological diagnoses. Fast response, coupled with on-site, expert care for a wide range of neurological conditions, results in shorter hospital stays and greater peace of mind for patients and their families.

Neuro hospitalists provide the following services:
- Increased accessibility to neurologic expertise
- Comprehensive stroke care
- Leading edge treatment options for acute stroke care
- Effective and efficient decision making based on neuro diagnostic testing
- Care coordination of neurologic patients

And treat numerous neurological conditions:
- Altered mental status
- Seizure disorders
- Autoimmune disorders
- Headaches
- Neuromuscular diseases
- Coma
- Increased intracranial pressure
- Dementia
- End of life issues
Meet the Neuro Hospitalists of Baptist Medical Group

Krystin Baker, M.D.

What about the neuro hospitalist program are you most excited about?
- The opportunity to dedicate my time to acutely ill and critical patients with neurologic disorders.

What led you to become a doctor or choose your focus of medicine?
- I chose neurology as my specialty because the brain is the most complex and interesting part of the human body. I remember thinking that this is something I can spend the rest of my life learning about.

What can a patient expect when they have you as a doctor?
- Honesty and compassion.

What do you find most encouraging about the work you do?
- There is so much we are still learning about neurologic disorders. New developments for treatment and potential cures are always on the horizon.

How do you ensure your patients receive the quality, personal health care they deserve?
- I spend a great deal of time talking with patients and family members as well as reviewing charts, imaging and labs to be as thorough as I possibly can.

Keena Risola, D.O.

What led you to choose your focus of medicine?
- The draw to neurology for me was insatiable curiosity and the challenge of solving puzzles. There is no greater puzzle than the human brain. Imagine it – your brain is responsible for everything you will ever think, feel, taste, move, hear, smell or remember, as well as unconscious actions like breathing, blood pressure and so forth. How can anyone not be intrigued by the greatest puzzle of all – the brain?

What about your line of work do you find most rewarding and why?
- When I have to give patients bad news, I take the time needed to help them really understand the medical situation. It never ceases to touch me when they turn around and thank me afterward for the way I have given them this news – I find that moment incredibly rewarding.

In your opinion, what’s the most important factor in a doctor-patient relationship?
- I think the ability to communicate effectively with patients and family members is crucial, especially for those who are hearing a devastating diagnosis.

Locations

Baptist Hospital • 1000 West Moreno St. • Pensacola, FL 32501
Gulf Breeze Hospital • 1110 Gulf Breeze Parkway • Gulf Breeze, FL 32562

To learn more about the Baptist Medical Group – Neuro Hospitalist program, call 850.437.8600 or visit BaptistMedicalGroup.org.
As she happily lugs car seats and totes diaper bags to her vehicle, Julie Secchiari has her phone to her ear and speaks with a writer about foster care. It’s the most rewarding thing she’s ever done. It keeps her busy, but she takes every opportunity available to share her experience. When you get to know Julie, you just can’t find a reason not to foster a child.

Julie and her husband, Anthony, have three grown, biological children, two grandchildren and three adopted children. At the moment, the couple has four infants in their care, including one 4-pound prematurely born baby. Julie also is the president of the Emerald Coast Foster Adoptive Parents Association. She’s been fostering for 21 years and has loved more than 100 children over that time – each child is one more reason to continue fostering.

“The more you give, the more you receive. Fostering has given my family so many rewards in life,” said Julie. “We would do it over and over again.”

Julie thinks that one of the biggest reasons why people don’t foster is that they are afraid they will become attached, and then have to say goodbye.

“I cry every time a child leaves my care, but I remind myself that the goal is reunification,” said Julie. “There is a lot of joy in seeing a family overcome challenges and reunify or in witnessing an amazing adoption. It’s sad when they leave us, but it’s the beginning of the rest of their life.”

Over the past 21 years, Julie has heard children in her care say, “I didn’t know what a real family was like.” “I couldn’t ever imagine a birthday – I’ve never had one.” “I’ve never been in a home with a mom and a dad.” And, she’s seen faces light up when receiving a new pair of shoes on any given day of the year, looking like they’ve just opened a long-awaited Christmas present. Fostering gives children a safe environment, where they can feel loved, their needs are met and they get to experience a loving, functioning family.

“I decided to foster children because I wanted to give back for everything I’ve been given,” said Julie. “It’s a wonderful, rewarding opportunity to give love to someone in need.”

A new online orientation process provides an overview so you can learn how to become a foster parent in Escambia, Santa Rosa, Okaloosa or Walton counties. Visit FamiliesFirstNetwork.org and click on “foster parenting.”

“FAST FACT”

A shortage of homes is causing children to be placed outside their home area. The distance is a huge barrier and hinders visitation time and takes children away from school friends and other supports in their lives.

Sponsored by Florida Department of Children and Families

For more information about what it takes to foster a child, call 850.453.7777.
A Discreet Option for Opiate Dependency

When some people think of the word “dependency” or “addiction,” they may think it can’t happen to them, but it can. All too often, a person recovering from surgery or coping with a pain management issue grows tolerant of medications such as Vicodin®, Percocet® or OxyContin® and develops an opiate dependency. Eventually, they may recognize the symptoms, but are too embarrassed to get help. However, a discreet option is available.

The Summit Group treats patients with medication that can be taken at home as easily as other common remedies.

“In addition to regular office visits and adult outpatient counseling, we treat patients with a medication called Suboxone®,” said Robert Althar, M.D. “Patients can take Suboxone at home just like any other medication to help manage the cravings. Stabilization usually occurs in a few days. Then we move out the office visits to a monthly basis. The patient simply refills a prescription, takes the medication and goes about their usual routine of managing a job and family.”

It’s important to get help. When misused, opiates can be very dangerous. The process is gradual, but patients can eventually lose jobs or homes, and family break-ups often occur. More seriously, a report by the Centers for Disease Control and Prevention (CDC) shows a steady rise over the past 11 years in opioid overdose resulting in death.

A wife, professional, grandparent, athlete or practically anyone can fall into the trap of opiate dependency, but there is no need for embarrassment. If you or a loved one is struggling with this challenge, get help.

Summit Group
specializing in psychiatry

Jefferson Park
3298 Summit Blvd., Suite 12
Pensacola, FL 32503

850.437.8952

For help with recovery from opiate dependency, visit eLakeviewCenter.org/SummitGroup or call 850.437.8952.
in the news
PEOPLE, PROJECTS AND PRAISE

BAPTIST WEIGHT-LOSS CENTER RECEIVES FLORIDA BLUE DESIGNATION

Baptist Hospital Weight-Loss Center received the Blue Distinction® Center+ designation in the area of bariatric surgery by the Blue Distinction® Centers for Specialty Care program of Florida Blue. Blue Distinction® Centers are nationally designated health care facilities shown to deliver quality specialty care based on objective measures. Baptist Weight-Loss Center is among the first to receive this new designation.

FLORIDA BLUE CLINIC NOW BMG AT FLORIDA BLUE

In February 2015, Baptist Medical Group (BMG) took over the management of the Florida Blue Clinic located at the corner of 9th Avenue and Airport Boulevard. Named Baptist Medical Group at Florida Blue, the clinic is staffed by Baptist Health Care physicians and nurse practitioners. Services are provided to Florida Blue members weekdays from 8 a.m. to 5 p.m. and Saturdays from 8 a.m. to noon. Walk-ins are welcome.

GULF COAST ENTERPRISES NAMED TOP 50 COMPANY

Gulf Coast Enterprises (GCE) was included on Food Management magazine’s list “Top 50 Contract Management Companies.” The report provides a company-by-company assessment and a two-year performance comparison of the largest contract management firms in the country.

CONGRATULATIONS TO THE CHURCH CHALLENGE WINNER!

The winner of the Healthy Lives™ Church Challenge is the Catholic Church of the Holy Spirit of Pensacola. The church-based, weight-loss competition kicked off Jan. 2, lasted for 90 days and promoted healthy eating habits and lifestyle maintenance. The winning church lost the highest average percentage of total body weight.

SERVANT LEADER OF BAPTIST HEALTH CARE

President and chief executive officer of Baptist Health Care (BHC) Mark Faulkner was recognized in InWeekly’s 2015 IN Power List. Faulkner is focused on innovative solutions and resources to support BHC’s Mission to improve the quality of life for our entire community.

ARE YOU A VICTIM OF SEXUAL VIOLENCE?

Sexual violence is a serious trauma that requires time and a support system for healing. If you experience interactions that involve sexual language or sexually aggressive behaviors that make you uncomfortable or cause fear, including but not limited to stalking, this is considered sexual violence. The Lakeview Center Rape Crisis/Trauma Recovery Center provides education about sexual violence to communities in Escambia and Santa Rosa counties.

Learn more through the Victim’s Services Program at eLakeviewCenter.org or by calling Lakeview Center Victim’s Services at 850.469.3800. If you need urgent assistance, the 24-hour Rape Crisis Hotline is available at 850.433.7273.
Let’s Build a Healthy, Empowered Community

“Population health management.” The phrase is everywhere, but what does it really mean? A strict definition narrows it down to data gathering and outcomes that provide a measurement of the overall health of people living in a particular area. However, the results of population health management are profound and have a direct impact on everyone. What does successful population health management look like? Community members and organizations working together to provide education, preventive medicine and access to health services with the common goal of better health outcomes in the future. Population health management focuses on prevention and catching problems early before they develop into conditions that are more difficult and costly to treat.

The Gulf Coast’s Health Management Professional, Meghan McCarthy

Our area is lucky to have one of the nation’s top health management professionals living and working right here on the Gulf Coast. Healthy Lives™ director Meghan McCarthy was named one of the nation’s best health professionals by the Wellness Council of America, the national leader in workplace and corporate wellness.

McCarthy, with master’s degrees in business administration and public health, leads Healthy Lives at Baptist Health Care, an organization that is dedicated to making Pensacola a healthier place, one person at a time. With her team, she maximizes health quality while minimizing health risk and expense for businesses.

To learn more about how Healthy Lives can help improve the health of you and your organization, call 1.855.469.6903 or visit eBaptistHealthCare.org/HealthyLives.

How You Can Participate in Population Health Management

- Make sure you schedule an annual exam with your physician and talk about what screenings you should receive for your age group.
- Consider participating in a Healthy Lives program. Visit eBaptistHealthCare.org/HealthyLives to find out how you can sign up.
- Ask the leaders of your organization what health and wellness options are available at your workplace.
- Learn as much as you can about achieving good health. Visit eBaptistHealthCare.org/BHC/EventCalendar for ongoing health and wellness seminars that are open to the public.
- Share what you learn. As a community, good health matters to everyone.

Call Healthy Lives today at 850.469.6903 or visit eBaptistHealthCare.org/HealthyLives.
ONLY AT BAPTIST

Can you find the best care for your heart

People come to Baptist because they want to. And why wouldn’t they? We are the region’s most established heart and vascular program, led by the area’s largest, most experienced cardiology physician group. Baptist offers what no one else in the region can – the best and most innovative care provided at 10 locations across the region by a team trained at the nation’s most prominent medical institutions. Better care for your heart is here – and you can find it ONLY AT BAPTIST.

850.484.6500 / eBAPTISTHEALTHCARE.ORG