A PUZZLING STROKE
Lori’s Story
Coming clean. Staying Clean.
LIVING WELL.
Treatment for Addiction.

Ladies, We Need to Talk
Relief for Pelvic Organ Prolapse

Sleep, Screens & SUNGLASSES
Blue Light Blocking Sunglasses Can Help.
One thing I’ve learned in my years of being a health care executive is that health is an extremely personal matter and often difficult to talk about. However, as difficult as they might be, having these important discussions allows us to grow as individuals and as a community. In this edition of Gulf Coast Healthy Living, we give you a starting point for these discussions. You’ll read one individual’s frightening health story about stroke (page 4). It’s the kind of story that summarizes the care we can give as a friend as well as a health care organization. You’ll also read an eye-opening analysis of opiate dependency in our area (page 6). By telling these difficult stories we can better understand how to prevent and how to recover from illness.

Baptist Health Care is here to help you through all the health and wellness issues you may encounter in your lifetime. Every year, we’re growing so we can offer you the very best in care and services. For example, did you know that if you’re an active person you may benefit from a primary care sports medicine physician? Andrews Institute provides access to these specialists to make sure you’re not sidelined by an injury (page 8). And men, if you’re confused about the changing recommendations about prostate testing you’ll want to read about what Dr. Miyamoto has to say (page 11).

From a little straight talk from the only double board certified female urologist in our area (page 10) to our very own community health and wellness director weighing in on the importance of sleep (page 14), you’ll find plenty of great health advice in this edition, advice that I hop will help guide you toward a healthy, safe, fun summer season on the Gulf Coast.
TOP FITNESS TREND – WEARABLE TECHNOLOGY
It’s addictive, in a good way. Compete with friends to get in the most daily steps, track your sleep and log your calories. Nothing is left to guesswork when it comes to your health. Wearable technology such as fitness trackers, smart watches and heart-rate monitors can track it all. To get in on the trend, consider what’s most important to your lifestyle. Is it combining your workouts with social media support? Or do you prefer intense data crunching? Take a look at these top five gadgets recommended by Healthy Lives ranging in price from $30 to $400. You’re sure to find one that will support your health and fitness goals.
1. Fit Bit Charge HR
2. Apple Watch
3. Jawbone
4. Garmin Vivofit
5. Misfit Flash

HOW HIGH SHOULD YOU GO?
15, 30, 45, 50 and 100 SPF! What do the numbers mean and which one is right for you this summer? Triple digit sunscreen protection may sound like a good idea but the high numbers can be misleading. Stratospheric SPFs provide only slightly higher sun protection than a 30 SPF that is suitable for most sun-goers.

For the most part, the high numbers are a marketing race to the top of the sunscreen industry. The best advice is to apply sunscreen of any SPF thoroughly 30 minutes before heading outside and reapply every two hours or after swimming or sweating.

PRACTICE THE POWER 9

MOVE NATURALLY: Take on activities that make you move without thinking about it. You do not have to run marathons.

FIND YOUR PURPOSE: Knowing your sense of purpose is worth up to seven years of extra life expectancy.

DOWN SHIFT: Decrease stress in your life by praying, meditating, enjoying company, taking naps or remembering loved ones.

80 PERCENT RULE: Stop eating when you are 80 percent full.

PLAN SLANT: Eat beans and vegetables – centenarians eat what they grow in their garden.

MEAT IN MODERATION: Eat small amounts of meat, mainly pork, about five times a month.

SPIRITUAL BELONGING: No matter the denomination, attending weekly faith-based services could add four to 14 years to your life expectancy.

LOVED ONES FIRST: Keep family close – helping to care for children gives motivation to keep on living.

RIGHT TRIBE: Join social circles that support healthy behaviors. Avoid smoking, obesity and loneliness.

9 Ways to Create a #PcolaBlueZone
From the Blue Zones Team

Adapted from “The Blue Zones - 9 Lessons for Living Longer from the People Who’ve Lived the Longest” by Dan Buettner.

CHICKPEA, AVOCADO AND FETA SALAD

Ingredients
1 can chickpeas, rinsed and drained
2 avocados, diced
1/3 cup chopped parsley
2 tablespoons green onion, thinly sliced
1/3 cup feta cheese
Juice of 1 lime
Salt and pepper, to taste

Instructions
Combine all the ingredients in a large bowl and stir gently to combine, making sure not to mash the avocados and feta. Season with salt and pepper to taste.

Adapted from Homegrown & Healthy. See what else Healthy Lives is pinning at Pinterest.com/choosebaptist.
A Puzzling Stroke

Lori’s Story

September 29, 2010 was a “weird” day to say the least for Lori McMillion, office manager of the Baptist Health Care Marketing Department. Even though she was following her normal routine, the morning seemed to get away from her. She got ready slower than usual and struggled to find her keys to lock the door. After realizing they had been in her hands all along, she got to work about 20 minutes late.

A little forgetfulness and slow movement in the morning may be normal for some people, but for Lori, who was 43 at the time, it was unusual. Once she got to her desk, she began to log in to her computer, but she couldn’t remember her password and had to search for her password “cheat sheet” which didn’t seem to be where it should have been.

“It was very frustrating.” Lori explained. “I knew what I needed and I knew it was there, but I just could not find it.”

After an unsuccessful search, she went to her coworker, Candy McGuyre. While explaining to her about forgetting her password, Candy stopped Lori because she was slurring her words. Candy calmly talked to Lori and asked her to read out loud from a piece of paper, which she was not able to do. In a matter of seconds Lori was unable to speak at all. As Panic started to set in, and Lori tried to “shake it off,” Candy quickly Made the decision to take her to the Baptist Hospital Emergency Department (ED).

Lori understood and comprehended everything that was going on. However, her body refused to execute the
commands her brain was telling it to do. It was like her insides were working, but her outsides were not.

“I really started to worry when they asked me to sign the consent for care form because I couldn’t. I just couldn’t sign my name,” Lori said.

After she was taken to a bed in the ED and her sister arrived, everything seemed to move fast. All Lori could communicate to her sister was “scared.” That was the last word Lori said for three weeks. She’d had a stroke.

This diagnosis was very confusing to her as well as the Baptist Stroke Center team because not only did she not have the standard symptoms (paralysis or numbness), no one could understand why the stroke occurred. Her vitals were fine, her cholesterol levels were great and she did not have high blood pressure.

The overwhelming amount of love she received from family and friends and the “absolutely wonderful” staff got her through the whole experience. After three days in the hospital and for the next three weeks, Lori went to speech therapy at Baptist Speech Center. She also saw a neurologist because she still could not talk, was functioning slowly and there was no definitive reason for her stroke. Time in speech therapy helped her get her voice back and various tests discovered why the stroke occurred. She had sleep apnea, a condition that prevents restful sleep and is associated with stroke.

Coming back to work after a month was hard. At first she had difficulty with math and her typing was slow, but she pushed through, and it all eventually just “clicked.” It has now been almost six years. Lori sees a neurologist once a year, is on high blood pressure medicine, baby aspirin and uses a CPAP machine every night for her sleep apnea.

Lori’s experiences demonstrate that strokes can occur at any time and that a quick response is crucial to a successful recovery.

TELESTROKE AND CLOT RETRIEVAL TECHNOLOGY: A Way to Diagnose and Treat Acute Strokes

TELESTROKE
Clinicians at the Baptist Stroke Center are able to remotely communicate with Mayo Clinic experts in Jacksonville, Fla., to help diagnose and determine the best treatments for patients through video chat, review of diagnostic tests and recommendations.

CLOT RETRIEVAL
For ischemic strokes, trained interventional radiologists are able to effectively extract the clots by using the latest clot retrieval devices.
An online NPR interviewer recently shared the story of a 39-year-old construction worker who strained his back while lifting heavy cinder blocks. He went to the emergency room to be treated and after a thorough examination the doctor recommended a prescription for Percocet. The man refused. “That stuff messed me up,” he said. The man had taken prescription pain medication (opioids) for a similar injury in his 20s and became addicted. It took him 10 years to get clean.
How Addiction Happens
Regardless of how judicious a doctor is with the prescription pad, pain medication abuse can affect people who have no history of addiction. Opioids have highly addictive properties, and when they become difficult to obtain, many people turn to illicit opiates, namely, heroin. Previously considered an inner city problem, the heroin epidemic is now forcing small town neighborhoods to confront the issue, and the Gulf Coast community is not immune to it.

“Often, pain management patients become reliant on opioids and begin to ‘doctor shop,’ obtaining several prescriptions from several unknowing doctors,” says Marvin C. Chaffin, II, M.S., LMHC, director of Lakeview Center’s Pensacola methadone clinic. “As those resources run out, they are turning to heroin, and we’ve seen an increase in heroin-related deaths right here in our community.”

Why So Many Deaths
The Florida Alcohol & Drug Abuse Association (FADAA) reports that Florida’s crackdown on the supply of diverted pharmaceuticals back in 2011 reduced availability. However, as this occurred, Mexican heroin production dramatically increased and spread to Florida, among other places. A critical factor in the escalation of heroin deaths is that the illicit drug is often laced or cut with a powerful opioid named fentanyl, which is 40 to 50 times more potent than pharmaceutical grade heroin. Produced in clandestine labs, fentanyl can be 100 times more powerful than morphine.

The Florida Medical Examiners Commission reported earlier this year a 111.4 percent increase in the number of deaths caused by heroin between 2013 and 2014. According to the FADAA, national studies are now showing a rapid growth of new heroin users occurring among young adults (age 18 - 24). However, the increase in both opioid and heroin use is occurring among all age groups, income levels and genders. Reports show that drug-induced deaths are now exceeding traffic fatalities in Florida.

Medication-Assisted Treatment
Cravings are the biggest hurdle to recovery. It’s best to get help from a professional. Medication-assisted treatment (MAT) includes counseling, support and is discreet. “Recovery is about treating the whole person, and it works,” says Chaffin. “You can’t just walk away from addiction. That’s why it involves rebalancing the mind, body and spirit under the care of an experienced professional.”

A variety of MAT programs are available depending on individual needs, finances and lifestyles. The following are resources provided locally by Lakeview Center:

**The Friary**
The Friary specializes in medical detoxification, residential treatment, partial hospitalization and intensive outpatient services.
4400 Hickory Shores Blvd., Gulf Breeze, FL, 850.932.9375
Visit TheFriary.org.

**Summit Group**
Summit Group offers an alternative to people who prefer outpatient care in a more private setting.
Jefferson Park, 3298 Summit Blvd., Suite 12, Pensacola, FL, 850.437.8952
Visit eSummitGroup.org.

**Lakeview Center Road to Recovery**
The Road to Recovery is a residential substance abuse program that utilizes evidenced-based treatment approaches to help people address the many factors contributing to addiction.
1221 W. Lakeview Ave., Building D, Pensacola, FL, 850.469.3582
Visit eLakeviewCenter.org.

**MAT Clinics**
MAT Clinics use evidence-based practices composed of pharmacological interventions, counseling and support.
- **MAT Clinic** – 1800 North Palafox St., Pensacola, FL, 850.466.3400
- **MAT Clinic** – 1 Eleventh Ave., Suite C1, Shalimar, FL, 850.609.1040
- **MAT Clinic** – 6021 A Industrial Blvd., Century, FL., 850.256.6165
Visit LakeviewMethadoneClinic.org.

The good news is that policy makers are aware of the issue and working to provide more funding to help states with the opioid and heroin addiction epidemic. In the meantime, the Gulf Coast community can turn to its leading local agency, Lakeview Center, for programs that can help using medication-assisted treatments. “We are committed to helping our corner of the world get clean, stay clean and live well,” said Chaffin.
If you’re an active person who counts on regular workouts to maintain a healthy lifestyle, the last thing you want is a break in your routine. If you have a cold you go to your primary care physician. If you require surgical repair, you go to an orthopaedic surgeon who specializes in sports medicine. But what if you need a performance boost or help through common musculoskeletal problems? Then your best bet is a primary care sports medicine physician.

“Primary care sports medicine physicians take care of anyone who is physically active by helping them improve their overall function,” explains Joshua Hackel, M.D., a primary care sports medicine physician at the Andrews Institute for Orthopaedics & Sports Medicine. “My job is to prevent injury, but if injuries do occur, to treat those musculoskeletal and orthopaedic injuries with the least invasive means. The goal is pain relief, rapid recovery and return to the patient’s daily routine.”

Along with Michael Milligan, M.D., CAQSM, also of Andrews Institute, Dr. Hackel offers his patients a number of minimally invasive technologies at Andrews Institute in Gulf Breeze, Fla. One such treatment is Tenex to alleviate the pain associated with tennis elbow, runner’s knees, or other common tendon problems often associated with active lifestyles. Tenex uses ultrasound imaging to locate and remove damaged tissue with only a tiny incision.

Another treatment, regenerative medicine, uses the patient’s own stem cells to repair and replace damaged cartilage, tendon and ligament tissue injuries. “This technology allows for a much quicker recovery and return to play and function,” says Dr. Hackel. “Andrews Institute has offered orthobiologics for more than five years and will continue to offer this treatment in our new regenerative medicine center.”

Primary sports medicine physicians also treat osteoarthritis. Many times they can prevent total joint reconstruction for knees and hips with various treatment options. Whatever your ailment, a rapid initial evaluation and implementation of treatment is key to successful treatment, because a break in activity is the last thing you want in your routine.
Dr. Hackel on Calf Strains

In the world of orthopaedics, calf strains get little attention, but in reality they are fairly common. If active individuals don’t stretch their calves routinely, they are susceptible to injury. Dr. Hackel explains how you can recognize a calf strain and what you can do to treat it.

What is a calf strain?

A calf strain is different than a calf tendon tear, so the two should not be confused. Calf strains occur when the calf muscle fibers tear. Conversely, a calf tendon tear is when the tendon attached to the calf muscle tears. Calf strains can be extremely painful. People will often experience sharp pain and have a hard time walking on the involved leg.

What causes a calf strain?

Many motions can cause muscle fibers to tear. For instance, stepping down stairs may lead to a strain. Or, if the person is an athlete, moving from side to side abruptly can also trigger a strain. Calf strains commonly occur to tennis players given the quickness of the game and the athletes’ sudden motions. However, it is also common among soccer and lacrosse players, as well as runners. It can even happen to non-athletic people, especially if they are not active and attempt strenuous activity out of the blue.

How long does it take to recover from a calf strain?

It can take several months to recover from a strain. Timelines to recovery vary depending on the severity of the injury.

What kind of treatments can a patient with a calf strain expect?

Treatment depends on the severity of the strain.

• Ice and elevation of the affected area
• Anti-inflammatory medicine
• A rehabilitative care stretching program
• Platelet rich plasma injections in severe cases
• Boot immobilizations
• Surgery in the case of complete tears

For more information about Dr. Hackel, the Andrews Regenerative Medicine Center or to make an appointment, visit AndrewsInstitute.com.
Ladies, We Need to Talk

RELIEF FOR PELVIC ORGAN PROLAPSE

Sometimes, no matter how hard we try to live a healthy lifestyle, major physical changes through the years can take their toll. Childbirth, menopause, hysterectomy – all of these significant transitions can make a woman vulnerable to uncomfortable, inconvenient and even painful conditions such as pelvic organ prolapse (POP).

According to Elizabeth Cruit, M.D., a double board certified urologist and urologic surgeon with Baptist Medical Group, approximately 50 percent of women have some degree of POP, with 11 to 15 percent of women undergoing surgical intervention. “POP is a condition in which the pelvic floor muscles weaken, allowing the pelvic organs (bladder, uterus, rectum and small bowel) to fall and press against the vaginal walls,” says Dr. Cruit. “This condition can cause a range of symptoms including incontinence, pelvic pressure and low back pain.”

Risk factors for POP include vaginal childbirth, decreased estrogen levels after menopause, loss of support after a hysterectomy, obesity and smoking. Treatment depends on the severity of the condition and may include observation when symptoms are minimal, or surgery to repair the supporting tissue. There is also a non-surgical option called a pessary, a removable device that is inserted in the vagina to help hold the organs in their proper place. There are also various lifestyle choices a woman can make to prevent prolapse from occurring in the first place. “Weight loss, smoking cessation, preventing constipation and avoiding heavy lifting can all go a long way toward strengthening the pelvic floor,” says Dr. Cruit. “And, of course, Kegel exercises can be very effective.”

DO YOUR KEGELS!

FIND THE RIGHT MUSCLES. To identify your pelvic floor muscles, stop urination in-midstream. If you succeed, you’ve got the right muscles. Once you’ve identified your pelvic floor muscles you can do the exercises in any position, although you might find it easiest to do them lying down at first.

PERFECT YOUR TECHNIQUE. Tighten your pelvic floor muscles, hold the contraction for five seconds, and then relax for five seconds. Try it four or five times in a row. Work up to keeping the muscles contracted for 10 seconds at a time, relaxing for 10 seconds between contractions.

MAINTAIN YOUR FOCUS. For best results, focus on tightening only your pelvic floor muscles. Be careful not to flex the muscles in your abdomen, thighs or buttocks. Avoid holding your breath. Instead, breathe freely during the exercises.

REPEAT THREE TIMES A DAY. Aim for at least three sets of 10 repetitions a day.

Source: MayoClinic.org

Approximately 50 percent of women have some degree of pelvic organ prolapse.

M. Elizabeth Cruit, M.D.
Baptist Medical Group – Urology

Dr. Cruit is the only double board certified female urologist in the Pensacola area. She holds certifications in urology and female pelvic medicine and reconstructive surgery.

For more information about Dr. Cruit and Baptist Medical Group – Urology, visit BaptistMedicalGroup.org or call 850.437.8600 to schedule an appointment.
What or who has been the greatest influence on your career?

My father is a urologist in Michigan. I remember that he would begin his day before I went to school, and he would see patients in the office regularly until 10 or 11 at night. Then he would be in the office until midnight or so to finish up, only to start again the next day very early in the morning. I saw the time he dedicated to his patients and accepted that he must be doing something very important. I wanted to do the same.

When you’re not practicing medicine, what do you like to do?

Since moving to Pensacola last winter, I love spending time on the beach with my wife and two boys. We have gone to the beach pretty much every weekend since we’ve been here. Even if it’s cold, we go just to look at our beautiful Gulf.

What is your advice to men who are not sure they want to undergo a prostate screening?

A prostate cancer screening should be an individual decision once the man has all the information. The big picture with prostate cancer is that most prostate cancers will take 10 to 20 years from diagnosis before it becomes a life threatening cancer if it’s contained within the prostate.

The factors to consider are how healthy the man is when he wants to be screened. He should look at his other medical issues, his age, and how long the members of his family typically live. If the life expectancy is more than 10 years, he should be screened.

I currently recommend screening starting at 50 to 55 years old for most men, but men who have a first-degree relative or are African American should start screening at 45. I recommend stopping screening around the age of 70 to 75 depending on the health of the man. As you can see, there is not one size that fits all for prostate cancer screening. It is best to consult with your doctor to make an informed decision.
Non-Invasive Testing

The Institute offers a variety of studies crucial in diagnosis and management of complex cardiovascular patients.

Echocardiography

Echocardiography is the use of sound waves (ultrasound) to produce detailed images of the heart’s size, structure and function, as well as detailed images of the heart’s valves. An echocardiogram may also be used to measure the heart’s blood volume and the speed and direction of blood flow through the heart. Baptist Heart & Vascular Institute is accredited by the Intersocietal Accreditation Commission for Echocardiography and offers the latest in non-invasive 2-D and 3-D echocardiography studies.

Nuclear Cardiology

Baptist Heart & Vascular Institute is also accredited by the Intersocietal Accreditation Commission for nuclear cardiology and offers both exercise and medication induced stress test studies.

Vascular Ultrasound

This non-invasive, painless test uses high-frequency sound waves to image blood vessels and examine the blood circulation in the neck, arms and legs. At Baptist, we also use vascular ultrasound to evaluate vascular health in blood vessels, enabling early detection of changes related to atherosclerosis.

With the opening of this new state-of-the-art echocardiography facility, our team works in the best environment to conduct state-of-the-art testing, facilitating world-class procedures, many of which are exclusive to Baptist in this region,” says Thanh Duong-Wagner, M.D., FACC, FASE, cardiologist at Baptist Heart & Vascular Institute. “Ultimately, this means better care for our patients.

For more information about Baptist Heart & Vascular Institute, call 850.437.8300 or visit eBaptistHealthCare.org/heart.
GULF BREEZE HOSPITAL AWARDED HEALTHGRADES PATIENT SAFETY EXCELLENCE AWARD AND OUTSTANDING PATIENT EXPERIENCE AWARD

The awards were determined respectively by evaluation for performance on 14 Patient Safety Indicators as determined by the Agency for Healthcare Research and Quality (HCAHPS) patient survey data from the Centers for Medicare and Medicaid Services (CMS).

GULF COAST HEALTHY LIVING

CHIEF TRANSFORMATION OFFICER ASSUMES ROLE OF BMG PRESIDENT

Having served Baptist Health Care as senior vice president and chief clinical transformation officer since 2014, Dan Sontheimer, M.D., has added the role of Baptist Medical Group president.

ANDREWS PHYSICIAN CONTRIBUTES TO RESEARCH ON SUDDEN CARDIAC DEATH IN ATHLETES

Michael Milligan, M.D., primary care sports medicine physician at Andrews Institute, contributed to the report, “Positive Predictive Value of ECG Screening by Seattle Criteria in Collegiate Athletes.” The research explores sudden cardiac death in athletes and was presented at the American College of Cardiology meeting held in April.

BHVI CARDIOLOGIST PUBLISHED IN JACC

Interventional cardiologist, Saurabh Sanon, M.D., of Baptist Heart & Vascular Institute contributed to the article “Perioperative Cardiovascular Risk of Prior Coronary Stent Implantation Among Patients Undergoing Noncardiac Surgery” published in the March issue of the Journal of the American College of Cardiology (JACC).

LAKEVIEW CENTER EARN THREE YEAR ACCREDITATION

The Commission on Accreditation of Rehabilitation Facilities (CARF) accreditation survey from November 2015 resulted in a three-year accreditation, which is CARF’s highest achievement. Surveyors said that Lakeview has some of the best programs they’ve seen, and that it was evident that Lakeview staff care deeply about the people they serve.

LAKEVIEW PSYCHOLOGIST ELECTED PRESIDENT OF HOMELESS COALITION BOARD OF DIRECTORS

David Josephs, Psy.D., clinical director of Lakeview Center, was elected president of the board of directors of the EscaRosa Coalition on the Homeless. The Coalition works to eliminate homelessness by supporting people who are homeless or at risk, and local service providers.
We all know that we need to wear sunglasses for eye protection but have you ever heard of sunglasses for sleep? Few things affect all aspects of your life quite as much as the amount of sleep you get each night. Sleep deprivation can lead to an imbalance of hormones that regulate hunger and affect the way your body handles insulin resulting in higher blood sugar. Not getting enough sleep is sure to influence your mood and ability to concentrate at work or school. And the effects add up quickly.
Today it’s harder than ever to get a good night’s sleep. Schedules are tighter, there seem to be fewer hours in the day for downtime, and many of us turn to our screens to wind down before bed. Unfortunately, this type of relaxation could actually backfire and cause you to lose good sleep instead.

Here’s why. Normally, the flow of the sleep hormone melatonin starts when you go into darkness. However, if you’re in the habit of scrolling through your phone, computer or other device right before bed, the blue light from the screen can delay melatonin production, making it harder to fall asleep when you’re ready and less likely that you’ll achieve a good amount of restorative REM sleep.

LED and fluorescent lights producing blue light waves are the ones we want to block. Sleep therapists recommend no blue lights one hour before bedtime. Instead use the last hour before sleep to take a hot shower, enjoy a cup of tea, read, meditate or spend quality time with a loved one.

However, if you must have some screen time right before bed, blue light blocking sunglasses (available for $10 to $20 on Amazon.com) can lessen the effects on your sleep. Even earlier in the evening, wearing the sunglasses with technology can help to improve your sleep pattern. Our sleep cycle used to be based solely on the rise and set of the sun and any artificial light can disturb our internal clock.

Sleep, and particularly the deep restorative REM sleep, is so important to overall quality of life. Preserve the last hour of the day to unwind naturally, in a way that decreases stress, strengthens connection with family and benefits your health. The technology will be there when you wake up.

Are you having trouble sleeping?

Gulf Breeze Hospital Sleep Disorders Center can help with a range of sleep issues including narcolepsy, restless leg syndrome and sleep apnea.

For a free sleep disorders screening, visit eBaptistHealthCare.org/sleepcenter.
BUILDING A BETTER BAPTIST

We are growing to improve your access to Baptist Health Care’s quality services and programs. Our newest locations will be Baptist Medical Park-Airport and Baptist Medical Park-Pace. These projects are an investment for the better health of our community for many years to come.

Both parks will open in early 2017.

To learn about the services and programs offered at each location, visit eBaptistHealthCare.org/BuildingABetterBaptist.