Return to an Active Lifestyle

The Elephant in the room
Risk factors for opioid addiction

Andrews Institute Sports Medicine Outreach Program
Covering local student-athletes

Palliative Care
Support along life’s journey
Gulf Coast HEALTHY LIVING

Living in and working for the communities we serve make Baptist Health Care unique. Our Mission is helping people throughout life’s journey because we believe it is our calling and responsibility to do so. We partner with people who feel the same way and we share best practices and examples of vibrant, active lifestyles.

In this edition of Gulf Coast Healthy Living, we introduce a new clinic to Baptist Health Care, Baptist Medical Group Primary Care – Live Oak (Pages 10 – 11). It has been a longstanding pillar in the Gulf Breeze community and has been providing generations of compassionate care for a combined 100 years. Now as part of Baptist, it has greater access to our network of resources and will be able to provide top-notch care to the people it serves.

Our palliative care team helps patients and families during their greatest time of need (Pages 12 – 13), such as dealing with trauma, injury and pain management of a serious medical condition. We continue to grow our palliative care services because the demands for enhanced communication and resources have increased for people we treat dealing with health concerns.

Also in this issue, you’ll read the risk factors for opioid addiction (Pages 6 – 7) and learn the resources available in our region. Lakeview Center, Inc. offers more than 60 programs, including medication assisted treatment clinic options for addicted individuals.

Another way Baptist cares for the youth in our community is through Andrews Institute for Orthopaedics & Sports Medicine outreach programs and the increased use of certified athletic trainers (ATCs). Andrews Institute ATCs are on the sidelines at all public high school sporting events in Escambia, Santa Rosa, Okaloosa and Walton counties. Discover how they provide necessary preparticipation physical exams and offer ongoing on-call access, daily medical coverage, and injury evaluation and management for our partner schools (Pages 8 – 9) to help kids stay in top athletic form.

Everyone can learn healthy summer travel tips (Page 14) that will keep your health goals in mind even as you vacation. Enjoy the longer days filled with sunshine and incorporate our healthy habits for staying hydrated and eating well (Page 3) throughout this season. Have a great summer!

Mark Faulkner
President and Chief Executive Officer
Baptist Health Care

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Sign up for our e-newsletter at GulfCoastHealthyLiving.org.
HEALTHY HABITS

Staying Hydrated
Is your body staying hydrated? Thirst is the easiest way to tell if you have the early stages of dehydration. If you feel thirsty, your body is telling you to drink more fluids. Other signs you may be dehydrated include dry, sticky mouth, fatigue, decreased urine or darker color urine, headache, muscle weakness and dizziness.

Dehydration occurs when you lose more fluid than you take in. As the summer temperatures increase, be sure that you are consuming enough water. Tips that can help include:

- Carry a refillable water bottle with you or place it near you as a reminder to drink often.
- If you’ll be outdoors or doing a strenuous activity in the heat, begin drinking water several hours before or even the day before.
- Monitor urine color (clear is best) and frequency to ensure your body is hydrated.
- For every caffeinated beverage you drink, replenish your body with 8 ounces of water.
- Add in fruits to infuse your water and give it more flavor to stay motivated to drink enough fluids.

Learn more water consumption tips and create a hydration station in your home or work space. Contact My Healthy Blueprint for ideas at 855.469.6903.

KEEP MOSQUITOES AWAY
Don’t let the pesky bugs ruin your outdoor barbecue. Try these simple ways to combat these pests from taking over your yard:

- **Lighten up** – wear lighter color garments as they are attracted to darker clothing.
- **Don’t sweat it** – bugs like mosquitoes can smell sweat and carbon dioxide from breathing so try to refrain from heavy outdoor exercise whenever possible.
- **Flip the lids** – check containers in your yard. If any of them are holding water, flip them over.

Share these tips with neighbors. If mosquitoes overtake the house next door, they will likely move into your home next. Discovering what works and sharing best practices will make for a happier, less-itchy neighborhood.

savory summer grilled veggies
As you grill burgers for a summer picnic, don’t forget to include fresh vegetables that are in season. Give your palate more color with this variety of red, yellow and green veggies to make the summer more savory and good for you.

**Ingredients:**
- 1 pound tomatoes, cut into small pieces (if using cherry or grape size, leave whole)
- 1 yellow or white onion
- 1 medium zucchini, ends removed, sliced in half lengthwise, then cut into rounds
- 1 medium yellow squash, ends removed, sliced in half lengthwise, then cut into rounds
- 2 cloves garlic, minced
- 4 tablespoons olive oil
- 3 tablespoons balsamic vinegar
- 1 tablespoon mixed fresh herbs (such as basil, oregano, parsley, rosemary, thyme)
- ½ teaspoon sea salt
- ¼ teaspoon ground black pepper

**Directions:**
Prepare grill and set to medium-high heat. Rinse the fresh vegetables. Cut and remove the ends or unwanted parts. Place them in a bowl. Mince the garlic and stir into the veggies. Add in the remaining ingredients – olive oil, balsamic vinegar, mixed fresh herbs, salt and pepper. Stir and coat the veggies. Place in a grill safe pan or add to grill safe skewers. Cook for two to three minutes on medium-high heat or until desired texture. Remove from heat. Drizzle with additional olive oil if desired. Serve immediately or place in fridge for later enjoyment. Serves four to six people.

Adapted from Gimme Some Oven. Find healthy, delicious recipes on the My Healthy Blueprint Pinterest board at Pinterest.com/choosebaptist.
Loss of bladder control is a condition that is routinely overlooked, underdiagnosed and undertreated. Many patients do not share symptoms with their physicians and do not realize that 80 percent of most urinary incontinence cases can be cured or improved.

Three main types of incontinence are overflow, stress and urge. Overflow incontinence occurs when the bladder is unable to empty properly and has a urethral blockage. Stress incontinence happens when there is increased abdominal pressure and the pelvic floor is weak and is typically caused by physical activity or sneezing and coughing. Urge incontinence is caused by abnormal bladder contractions resulting in a sudden uncontrollable need to urinate.

With a tennis racket in hand, you serve and play the game until bladder loss occurs and causes a quick exit from the court. Or you go to see a funny movie with friends, laughter ensues, and then you abandon your front row seat to rush to the bathroom.

*Does this sound familiar?* Incontinence, the uncontrollable loss of urine, is a common issue that is highly treatable. But because of feelings of embarrassment or the belief that it is an unavoidable part of life, the condition is often not addressed medically.

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You don’t have to sit on the sidelines or leave the show for an overactive bladder (OAB). Try limiting or avoiding irritants like caffeine, spicy foods, tomatoes, citrus juices and fruit, chocolate and artificial sweeteners. Schedule an appointment with an urologist to discuss your specific problem. The first step usually involves a trial of medications to calm the bladder. If that fails, your physician may recommend low to noninvasive options, such as nerve stimulation or Botox injections.

PERIPHERAL TIBIAL NERVE STIMULATION sends electrical waves to the bladder nerves. This process is performed on the ankle and is a 30 minute, weekly treatment that normally lasts 12 weeks. OAB patients see an average of 60 to 80 percent improvement rates from nerve stimulation.

BOTOX INJECTIONS can be another useful, low invasive treatment of OAB. This procedure may be recommended for people with neurologic disorders as well as common OAB. These injections provide relief for 6-10 months.

SACRAL NERVE STIMULATION, or interstim is a pelvic nerve stimulator implanted in the lower buttock areas. It has success rates of 80 percent and also treats fecal incontinence.

“I recommend individuals schedule an appointment with me if they have any of these symptoms so we can perform a full exam, conduct a urinalysis and create a plan for improved health,” said Dr. Cruit. “I have treated patients with varying degrees of incontinence and have helped them improve their lifestyle and enjoy life to the fullest.”

Be open with your doctor about incontinence or overactive bladder concerns. Baptist Medical Group urologists can share options and help you return to an active, gratifying lifestyle.

Are you worried about incontinence or having overactive bladder concerns? Learn more at an upcoming free seminar:

**Coping with Incontinence and Prolapse**
Fri., July 21
11:30 a.m. lunch
Noon – 1 p.m. seminar

**Presented by:**
Elizabeth Cruit, M.D., urology, Baptist Medical Group - Urology
Andrews Institute Athletic Performance & Research Pavilion
Conference Room B
1040 Gulf Breeze Parkway
Gulf Breeze, Fla.

Space is limited at location so registration is required.
Call **850.469.7897** to reserve your space for this class or to learn about upcoming wellness seminars.
Even in our charming, serene Gulf Coast region, neighborhoods can’t escape the effects of addiction. In particular, opioid abuse is on the rise across the nation. If we are going to save our communities from this deadly epidemic, we must look at risk factors for addiction.

First, consider why opioid addiction is now termed an “epidemic.”

- **Opioids (prescription and heroin) killed more than 33,000 people in 2015.** – Centers for Disease Control
- **Overdose is the leading cause of accidental death.** Opioid addiction is driving this epidemic with 20,101 overdose deaths related to prescription pain relievers, and 12,990 related to heroin in 2015. – American Society of Addiction Medicine
- **Opioid-related hospital stays involving the misuse of prescription pain relievers or the use of illicit opioids (i.e. heroin) increased nationwide by 64 percent between 2005 and 2014.** – Agency for Healthcare Research and Quality (AHRQ)

The current epidemic stems from addictions to prescribed pain medications. That’s true in part, but perhaps we need to address the elephant in the room. Looking at a study shared by JAMA Internal Medicine in 2014, we learn that out of nearly 136,000 opioid overdose victims treated in emergency rooms, only 13 percent had a chronic pain condition. It would appear that the vast majority of these opioid overdose victims had other reasons for abusing the drug. That’s why it’s important to assess the risk factors for addiction if we are to reduce opioid abuse. Risk factors include childhood trauma and mental illness.

Opioid examples include heroin, morphine, codeine, hydrocodone, oxycodone and fentanyl.
Childhood Trauma

Addiction is a complex brain disease that, in most cases, originates in adolescence. The National Center on Addiction and Substance Abuse (NCASA) says 90 percent of Americans who meet the medical criteria for addiction started smoking, drinking or using other drugs before age 18. Often they are trying to escape a severely traumatic childhood experience (i.e. rape, child abuse or neglect, domestic violence, natural disaster, death of a loved one, or witnessing any of these and more).

These adolescents grow up to become adults and have families of their own, but the addiction doesn’t just disappear with age. Even as far back as 2004, an ACEs study (Adverse Childhood Experiences) shared findings showing that childhood experiences profoundly and causally shape adult life and can influence health and well-being for the lifespan.

Families quickly become unraveled when parents are addicts. Agencies such as FamiliesFirst Network (FFN) of Lakeview Center work to keep abused, abandoned and neglected children safe from harm and connect their parents with programs for well-being. Emotional scars can be harder to heal than physical wounds, but Lakeview Center has numerous programs established to address addiction disorders and treatment options for ensuring long-term safety, health and well-being for the entire family.

Mental Illness

Mental health issues also are risk factors for addiction. According to National Alliance on Mental Illness (NAMI), about a third of all people experiencing mental illnesses and about half of people living with severe mental illnesses also experience substance abuse. In addition, according to Advances in Psychiatric Treatment, a lifetime history of depressive disorder has been found in 48 percent of opiate addicts.

That doesn’t mean that every person experiencing mental illness is addicted to a substance, but it does mean that they are at risk. Without finding the root cause of mental illness an addiction can’t be properly treated.

In the case of opioid addiction, we must ask: Did the abuse begin by trying to manage physical pain, for example, with prescription medications, or was there a traumatic event or mental illness? An underlying issue may need to be quickly addressed before it leads to crime, family breakdowns or a lethal dose.

Addiction disorders are some of the most common challenges in communities across the nation with opioid addiction at the top of the list. Arm yourself with resources in case you or a loved one needs them.
As a parent, watching your child participate in an athletic event can be exciting and stressful at the same time. While the thrill of watching them compete can be exhilarating, the worry of the inevitable injury looms in the back of your mind. These injuries can range from a strain or a sprain, but can also be more serious in nature.
Coaches are given the responsibility of providing supervision while the child is in a practice or game but they are limited in providing the medical care required in the event of an injury. The safety of your child participating in a sport is greatly increased with the presence of a certified athletic trainer (ATC) on the sidelines.

In a recent study published in the Journal of Athletic Training in 2015, only 37 percent of United States public high schools have a full-time ATC and 70 percent have athletic training services.

Andrews Institute for Orthopaedics & Sports Medicine is proud to provide full-time ATCs to all public high schools (23 in total) in Escambia, Santa Rosa, Okaloosa and Walton counties through its Sports Medicine Outreach program.

These ATCs provide 24-hour on-call access, daily medical coverage, and injury evaluations and management for all partner schools.

ATCs work with physicians to provide education and instruction to empower student-athletes, coaches, parents and the Panhandle community to reduce injury risk and promote safe, healthy and enjoyable participation in sports, as well as an active life.

Andrews Institute ATCs work with physicians and physical therapists to provide a continuum for concussion care including preseason concussion baseline testing, in-game concussion evaluation and post-concussion management and rehabilitation. These services are available to all student-athletes at the partner high schools.

Every year, Andrews Institute provides free preparticipation exams for any high school student-athlete at one of the sponsored schools. The physicals include a height, weight, and vision assessment; an orthopaedic musculoskeletal exam; a physician’s exam; and a cardiac assessment. The goal in performing a sports preparticipation physical examination is to promote the safety and health of the athlete in training and competition.

While it is difficult as a spectator to watch as your son or daughter suffers from an injury during an athletic event, you can find confidence and comfort in the fact that an Andrews Institute ATC will be available to provide quality medical care for your child on and off the field in the four-county area.

Learn more at AndrewsInstitute.com or call 850.916.8700 to schedule an appointment.
Gulf Breeze has had a longtime partner in primary care. Baptist Medical Group Primary Care – Live Oak has cared for generations of families. The practice, formerly Live Oak Medical Associates, is recognized as a pillar of excellence in the Gulf Breeze community. Together the clinic providers have more than 100 years of combined medical experience.

“I have been honored to care for many second, third and even fourth generations of families,” said William Zimmern, M.D. “Our clinic builds deep, long lasting and mutually gratifying relationships with our patients.”

The Baptist Medical Group Primary Care – Live Oak team includes William Zimmern, M.D.; David Kellen, M.D.; Julie Baltz, PA-C; Lori Cornwell, ARNP-DNP; and Mary Ellen Neal, ARNP. They provide comprehensive health for individuals and families, seeing patients of all ages. The team is comprised of experienced family medicine providers who focus on open access, ensuring that individuals who have a problem today can be seen quickly.

“I enjoy providing generations of care,” said Lori Cornwell, ARNP-DNP. “Often I see a mother and daughter and enjoy hearing them talk about each other and share family experiences. I am now practicing with Dr. Zimmern who was my physician.”

The team at Baptist Medical Group Primary Care – Live Oak feels a strong connection to those they serve because they live in the community too. Patient bonding is the key element that each physician, nurse and caregiver in the clinic find so rewarding.

The ability to build long lasting patient relationships in the clinic is what won David Kellen, M.D., over to this type of medicine. Dr. Kellen was originally intent on specializing in surgery. However, in his third year, he completed a one-month rotation with a family practice doctor in Mandeville, Louisiana. The experience convinced Dr. Kellen that family medicine was where he wanted to be.

“I enjoyed the variety of patient contacts and the fact that I was able to manage most medical problems,” said Dr. Kellen. “I find those same opportunities are what I still enjoy on a day-to-day basis at our clinic.”
The team at Baptist Medical Group Primary Care – Live Oak also believes in educating their patients on healthy lifestyle and the important roles that diet and exercise play into overall health.

“I have a strong belief in educating individuals on preventative care and wellness tips,” said Mary Ellen Neal, ARNP.

The Baptist Medical Group Primary Care - Live Oak team knows that communication is vital to understanding and dealing with health concerns. They find it satisfying to help patients and their family members through difficult diagnosis and treatments.

“We want each patient to live a happy, healthy life,” said Neal.

By joining Baptist Health Care, Baptist Medical Group Primary Care – Live Oak can provide their patients and community with greater resources and the best health care possible. Visit them at 2896 Gulf Breeze Parkway or call them at 850.932.2203 for generations of compassionate care. They are accepting new patients, same-day acute patients and continuity patients.

I have been honored to care for many second, third and even fourth generations of families. Our clinic builds deep, long lasting and mutually gratifying relationships with our patients.

– William Zimmern, M.D.
Illness and injury happen. These experiences – so much a part of life – are difficult and uncomfortable, especially when they happen to someone we love and care about.

But there are specialists who are experts in the field of assisting patients and families facing serious or grave medical conditions. Palliative care givers are those who treat and comfort in such times.

Palliative care at Baptist Hospital is for inpatients of all ages and stages of medical treatment. There are no guidelines for life expectancy and patients can be seeking curative treatment. In this way, palliative care is different than hospice care, in which patients are typically given a life expectancy of six months or less.

Communication is a primary treatment focus in palliative care according to Kelly Markham, LCSW, ACHP-SW, palliative care manager and medical ethics committee chair at Baptist Hospital. Markham explains that she and her team help patients and families cope with health conditions through support, counseling, referral services and follow-up with the caregiving team.

“We seek to improve the quality of life and help those we serve with facing the challenges that arise from an illness,” said Markham. “This could be managing the pain of the patient’s medical condition or it could be helping them overcome fatigue and depression. In each situation, we give them tools so they can cope and offer resources that can often take the burden off loved ones.”

Baptist Hospital Palliative Care requires a referral from the attending physician or specialist, but once that referral is made to the palliative care team, Markham and her staff meet with the patient and/or family members as soon as possible. They first hold a “family meeting” with patients and their families. This lasts an hour or longer if needed. During the session, the palliative care team’s goal is to

Palliative care at Baptist Hospital is for inpatients of all ages and stages of medical treatment.
ensure that each patient and loved one has a full understanding of the condition and becomes aware of any future challenges that could arise. These meetings help to foster family communication.

“Since our main treatment is communication, I’ve seen a lot of healing in family relationships after undergoing support in these family meetings from palliative care,” said Markham.

Markham noted that not all palliative care is sad or ends with death. She has seen celebrations and surprising healing take place over the years. If a trauma or more serious condition is evident, then the palliative care team urges for early intervention. Researchers have shown that cancer patients who had the added service of palliative care lived an average of two months longer because of its support. The Baptist Health Care palliative care team supports patients and families so that they are not alone in their struggles and grief. They are here to support them and give them hope.

Baptist Health Care offers inpatient palliative care, but extends grief support to anyone in the community. The next grief support group will meet from September 16 to October 31. This eight-week class meets once per week for an hour and a half.

Call 850.469.7197 to find out more details or reserve a space, as seats are limited.

Meet the Palliative Care Team

Kelly Markham, LCSW, ACHP-SW
Palliative Care Manager

John Boden, M.D.
Palliative Care Medical Director

Sally Kapusciak, LCSW, ACHP-SW
Palliative Care Social Worker

Maureen Langston, R.N., CHPN
Palliative Care Nurse

Kaitrin McCarron, R.N., CHPN
Palliative Care Nurse

Kerry Powell, ARNP
Palliative Care Nurse Practitioner

Learn more about palliative care services at 850.469.3739 or visit eBaptistHealthCare.org.
We look forward to summer and an escape from the normal routine. Summer is an excellent time to take better care of ourselves even when we are on a road trip, at the beach or on a vacation. You do not have to wreck healthy habits while enjoying the relaxation. Follow these tips by My Healthy Blueprint to avoid burn-out and bulge this season.

1. **KEEP THAT HEALTHY MINDSET.**
   - This is the key to success. Don’t sabotage the progress you’ve made toward maintaining a good diet and active lifestyle. Tell your friends or family you are traveling with that you want to practice those same healthy habits while on vacation. Ask for their support and encouragement. Write down intentions and track foods using a food diary or calorie app so you don’t stray from your goals.

2. **PLAN YOUR MEALS.**
   - If you’re truly on vacation, you may not want to cook or worry about every meal of the day. You can, however, look ahead to food options in the area. When you decide what restaurant to visit, find their menu online if possible and select a better choice than fried or fatty foods. If you’re going to cheat, then just cheat for one meal or snack. Don’t go wild for an entire day. Balance the two other meals.

3. **PACK HEALTHY SNACKS.**
   - We most often make poor choices when healthy options are not within reach. Purchase or prepare better for you snacks. Pack a cooler with fruit and string cheese for picnics, beach days or car traveling. Stash mixed nuts and 100 calorie packs in purses, back packs or other bags. Grab it if you are truly hungry and not just bored.

4. **CARRY WATER WITH YOU.**
   - Staying hydrated is important during the hottest months of the year. Keep up your water intake by carrying bottled water or a drinking cooler with you at all times. Don’t climb into a hot vehicle without having water to sip. Whether you’re outside gardening or just relaxing next to a pool, in the summer you’ll need to replenish the body, especially as you sweat. Make a habit of always having water with you so you can reach for it often.

5. **DO A DAILY PHYSICAL ACTIVITY.**
   - While on a trip, take the opportunity to explore the area by foot. Walk, jog or hike where you can. Swim in a pool. Golf a new course. Take the stairs in a hotel instead of the elevator. Park the car further away in a lot to help you gain more steps. Make the effort to be active or even take up a new sport. You can have fun and help balance any unhealthy choices during the vacation.

Planning is the best tool to ensure a healthy escape. Relax during your getaway but don’t let bad foods and unhealthy activities become the center of your vacation. Take care of you during and after the excursion to truly enjoy the retreat.
4th Annual Casino Royale Gala Raises More Than $210,000 for Baptist Health Care Foundation

Baptist Health Care Foundation’s 4th Annual Casino Royale Gala raised more than $210,000. Proceeds from the invitation only black tie gala will support programs and services at Baptist Health Care. Last year’s event provided funding for improvements to Baptist Hospital’s emergency department. To learn more about the Baptist Health Care Foundation or to make a contribution, call 850.469.7906 or visit BaptistHealthCareFoundation.org.

Baptist Health Care leaders celebrate at the 4th Annual Casino Royale Gala. Pictured left to right: Mark Faulkner, president and CEO; Mike Gleason, senior vice president and CFO; Brian Matson, senior vice president and chief strategy and business development officer; Scott Raynes, senior vice president and Baptist Hospital, Inc., president. Photo by: Jody Link Photography

Free Skin Screening

Safe Skin Screening Event

Fri., July 7, 8 a.m. to noon
Casino Beach on Pensacola Beach

Baptist Cancer Institute is sponsoring a skin screening for the twelfth consecutive year. This is a free skin cancer screening event held on Pensacola Beach during Friday’s Blue Angels Air Show.

For more information, call 850.469.7462.

Baptist Heart & Vascular Institute’s Electrophysiology Lab Earns Accreditation by IAC

Baptist Heart & Vascular Institute’s (BHVI) electrophysiology lab was granted accreditation by the Intersocietal Accreditation Commission (IAC) in Cardiac Electrophysiology in the areas of testing and ablation, cardiac lead extraction and device implantation. IAC accreditation is a “seal of approval” patients can rely on for consistent quality care and a dedication to continuous improvement. BHVI is one of the first 13 hospitals in the nation to achieve IAC accreditation.
BAPTIST EasySchedule

No hassle appointment scheduling is here. With Baptist Health Care’s EasySchedule, you can directly book online appointments with Baptist Medical Group primary and urgent care providers from your desktop computer, smart phone or other electronic device.

It’s simple.
2. Choose a provider or location.
3. Select a time.
4. Confirm your appointment.

Once you’ve confirmed your appointment, you will have the option of receiving an email or text message to remind you of your visit.

Try out this new scheduling tool and give us feedback. Visit EasySchedule.com, or call 850.434.4080, and EasySchedule your appointment today.