Gulf Coast

new year, new
Baptist

Have you spotted a number of construction workers around Baptist Health Care campuses lately? If so, it’s no wonder. Three major campus renovation and expansion projects that began in 2010 are greatly enhancing patient and client services with state-of-the-art facilities, treatments and technology.

Gulf Breeze Hospital’s $5 million project was completed in April 2011, bringing increased access and convenience to patients of south Santa Rosa County and surrounding areas. The project included the renovation of the current Intensive Care Unit and the construction of a 10,000-square-foot annex to house additional beds for surgical inpatients.

The Baptist Hospital campus’s $35 million project began in July 2010. When it is complete, this expansive two-story addition will welcome patients, families and visitors arriving at Baptist Hospital and will provide easy access to family areas and the Baptist Bistro. On the second level, the surgical waiting area will offer a bright and open space for families to relax in comfortable surroundings. The operating rooms will expand to support Baptist Hospital’s growing services in oncology, cardiology, orthopaedics, obstetrics and gynecology, neurology and a wide range of general surgical services.

Construction on a $6 million project to house Lakeview Center’s outpatient children’s services began in December 2010. The three-story, 48,600 square-foot building will allow Lakeview to provide all of its outpatient children’s services in a single location that is both more comfortable and more therapeutic for families with children requiring behavioral health services.

While construction is ongoing, so is the need for funding. Baptist Health Care is the only community owned and operated health care system in the Gulf Coast area, and donors can feel good about the fact that their gifts benefit individuals locally. All donations are tax-deductible. To learn more about giving opportunities, please call 850.469.7906 or visit BaptistHealthCareFoundation.org.

Thank you, and a happy 2012 to you all!

ALFRED G. STUBBLEFIELD
President and Chief Executive Officer
Baptist Health Care

contents

3 An update on healthy habits
A heart-healthy tuna teriyaki recipe, advice for cold and flu season, the truth about teeth — and more.

4 Get your ZZZs, help your heart
A new sleep medicine center and cardiac catheterization lab bring vital new services to the Gulf Breeze area.

6 The other drug problem
For people who become addicted to prescription pills, The Friary is the first stop on the road to recovery.

7 ‘Pop goes the knee’
It’s the injury that discriminates: why ACL is a bigger danger for women athletes.

8 Surgery meets the future
A new, state-of-the-art operating suite helps Baptist Hospital provide the latest in minimally invasive procedures.

10 Helping you have a healthy, happy New Year
Local medical experts suggest resolutions for treating your body right in 2012.

12 In the news
A report on the promise of robotic lung surgery — and other noteworthy projects, distinctions and people at Baptist Health Care.

13 Events to remember
A fashion show, a reception and a generous grant — all for good causes.

14 Hold that salt shaker?
While studies conflict, it’s clear that Americans consume more dietary sodium than they need.

15 It’s your heart
Here’s information you can use to make heart-healthy food choices every day.

WIN!
Go to GCHhealthandLife.org to enter to win a spa gift prize valued at $150.

LAST ISSUE WINNERS:
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Material contained herein is intended for informational purposes only. If you have medical concerns, seek the guidance of a health care professional.

Sign up for our e-newsletter at GCHhealthandLife.org.
EAT TO BEAT HEART DISEASE
Baptist Health Care has compiled more than 70 pages of information and recipes for a heart-healthy diet. You can download a pdf at eBaptistHealthCare.org/Heart. Here’s a recipe to get you started:

GRILLED TUNA TERIYAKI
Makes 4 servings
2 Tbsp. reduced sodium soy sauce
1 Tbsp. rice vinegar or dry sherry
1 large clove garlic, minced
1 Tbsp. minced fresh ginger or 1 tsp. ground ginger
4–6 oz. tuna steaks (about 3/4-inch thick)
1 Tbsp. olive or canola oil

In a shallow dish large enough to hold the tuna, combine the soy sauce, rice vinegar, garlic and ginger. Place the tuna in the marinade and turn to coat it; cover and refrigerate for at least 45 minutes.

Preheat the broiler, setting the rack about 6 inches from the heat. Discard the marinade and pat the tuna steaks dry with paper towel, then brush both sides with oil. Arrange the tuna on a broiler pan and broil for roughly 3 minutes on each side or until the fish flakes easily when tested with a fork.

Nutritional information per serving: 225 calories, 5 grams fat, 1 gram saturated fat, 76 milligrams cholesterol, 304 milligrams sodium

WHEN ANTIBIOTICS AREN’T THE ANSWER
It’s cold and flu season, but it’s important to remember that antibiotics don’t help against viral diseases such as colds, flu, some ear infections and most sore throats and bronchitis. Antibiotic resistance is a worldwide public health threat. So use antibiotics wisely. For more information, visit the Centers for Disease Control and Prevention at cdc.gov/Features/GetSmart/

WANT TO LOSE WEIGHT?
HIRE A ‘COACH’
A study in the New England Journal of Medicine found that dieters who have a weight-loss coach or counselor, whether in person or over the phone, lose more weight than those who try on their own. On average during the two-year study, a self-directed group shed 1.7 pounds, a phone-consult group lost 10.1 pounds, and an in-person cohort 11.2 pounds.

THE TOOTH TRUTH
Professional teeth cleaning can lower your risk of heart attack and stroke, says a recent study presented at the American Heart Association’s annual meeting. Of more than 100,000 people tracked, those who had their teeth cleaned by a dentist or dental hygienist had a 24 percent lower risk of heart attack and a 13 percent lower risk of stroke compared with the ones who had never had a dental cleaning for an average of seven years.

GIVE THE GIFT OF LIFE
Every two seconds, someone in America needs blood. To learn how you can donate, call the Baptist Hospital Laboratory Blood Bank at 850.434.4842.

HAVE A HEART
February is American Heart Month, and the Baptist Heart and Vascular Center joins the nation to help beat the No. 1 killer of women — heart disease. Each year, cardiovascular diseases claim the lives of nearly half a million women — that’s almost one life each minute. On Feb. 3, National Wear Red Day, show your support for the women in your life by wearing red. And join thousands of women who choose to reduce their risk of heart disease. Learn more about heart health at eBaptistHealthCare.org/Heart.

GETTING OLDER — AND BETTER
Go4Life, an exercise and physical activity campaign from the National Institute on Aging at the National Institutes of Health, is designed to help older Americans fit exercise and physical activity into their daily life. The campaign offers exercises, motivational tips, and free resources to help you get ready, start exercising, and keep going. It includes an evidence-based exercise guide in both English and Spanish, an exercise video, an interactive website, and a national outreach campaign. To learn more, visit go4life.niapublications.org/

69
Among the more than 7000 chemicals that have been identified in secondhand tobacco smoke, at least 250 are known to be harmful, and at least 69 of these toxic chemicals are cancer-promoting. If you smoke, ask your doctor for help kicking the habit.

Source: American Cancer Society

PICKY, PICKY
Is your child a fussy, resistant eater? The American Academy of Pediatrics recommends that you keep trying to encourage healthy eating habits with these suggestions:

• Add nonfat dry milk to soup, or sneak grated veggies into homemade muffins, breads or lasagna.
• Serve your child’s favorite foods along with things that have been refused before.
• Let your child help prepare meals.
• Make sure food is visually appealing, in interesting shapes.
• Eat a variety of healthy foods yourself to set a good example for your child.
• Schedule regular family meals together.

FOR THE RECORD
get your ZZZs, help your heart

A NEW SLEEP MEDICINE CENTER AND CARDIAC CATHETERIZATION LAB BRING VITAL NEW SERVICES TO THE GULF BREEZE AREA

DO YOU SNORE? DOES YOUR SLEEP PARTNER KEEP you awake with his or her restless leg syndrome or insomnia? These issues are more than just annoying and may be signs that you could benefit from a sleep study.

A sleep study can evaluate patients for disorders such as:

- **NARCOLEPSY**, excessive daytime sleepiness combined with sudden muscle weakness; episodes are sometimes called "sleep attacks" and may occur in unusual circumstances.
- **RESTLESS LEG SYNDROME**, an unpleasant "creeping" sensation marked by aches and pains throughout the legs that can make it difficult to fall asleep.
- **SLEEP APNEA**, a condition characterized by brief interruptions of breathing, often with gasping or snoring sounds, and associated — if left untreated — with an increased risk of cardiovascular disease.

"We evaluate patients overnight for these sleep disorders, send the results to the patient’s doctor, and if necessary fit them for a sleep aid the next day," says Wayne Peacock, manager of sleep and neurodiagnostics. “We are a one-stop-shop.”

In January 2012 a new Sleep Disorders Center opened at Gulf Breeze Hospital. The new center will help meet the demands of the ever-growing population in Gulf Breeze and anyone in the surrounding areas who suffers from sleep problems. National trends show an increased demand for sleep medicine services that Gulf Breeze area patients previously traveled to Pensacola to receive.

“We pay close attention to the needs of the community that we have proudly served for the past 26 years,” says Robert J. “Bob” Harriman, Ph.D., senior vice president of Baptist Health Care and administrator of Gulf Breeze Hospital. “By placing this new center on the Gulf Breeze Hospital campus, we can serve patients directly and conveniently.”

To accommodate the busy lives of patients, and as demand permits, a sleep study room may be immediately available when the doctor places the referral to the center. The center also is open on weekends. “Patients really like the option of a weekend sleep study so they don’t have to take time off work,” Peacock says.

To enhance the sleep study experience for patients, the center features four private rooms “with all the amenities and a home-like atmosphere,” Peacock says. It features state-of-the-art sleep diagnostic equipment and is staffed with two registered sleep technologists and a board-certified sleep medicine physician. The center also provides treatment devices such as CPAP (continuous positive airway pressure) machines.

Sleep diagnostic services can help patients uncover sleep problems early and receive treatment sooner for any related health conditions. This ensures peace of mind and a better night’s rest for patients and their families. 

THE NEW CATH LAB

A serious health problem that can be associated with sleep disorders is cardiovascular disease. The connection between sleep and heart health may not seem obvious at first, but some people with sleep apnea are at an increased risk for a number of cardiovascular diseases. Hypertension, stroke, coronary heart disease and irregular heartbeats (cardiac arrhythmias) have been found more frequently in patients with this sleep disorder. Sleep apnea also has been linked to hardening of the arteries (atherosclerosis), suggesting that it may be an important predictor of cardiovascular disease.

A new cardiac catheterization lab located on the ground floor of Gulf Breeze Hospital will open in late spring 2012. The lab will provide convenient, accessible diagnostic testing and treatment services including imaging for coronary heart disease, heart valve disease and blockages of the arteries in the legs. The lab will also have an image archive and information management systems that physicians can access via the Internet.

“We are happy to be in the position to grow and meet health care demands locally,” says Robert J. “Bob” Harriman, Ph.D., senior vice president of Baptist Health Care and administrator of Gulf Breeze Hospital. The lab will perform diagnostic procedures, but Dr. Harriman expects that within two to three months it also will be accredited for interventional procedures such as implanting stents and pacemakers.
For people who become addicted to prescription pills, the Friary is the first stop on the road to recovery.

Think of the phrase “drug abuse” and you picture needles and illicit transactions on dark street corners, right? Now think again. In recent years, substance-abuse experts have witnessed a dramatic rise in another kind of drug problem: abuse of prescription medicines. It’s a national concern, but our area is particularly hard-hit. For example, Florida has one of the nation’s highest rates of death due to prescription-drug overdose, and Escambia County’s rate is one of the state’s worst.

Fortunately, the county also has one of the best places in the country for those seeking help in breaking these addictions. The Friary is an addiction treatment facility of Lakeview Center, an affiliate of Baptist Health Care. It is staffed with physicians, counselors and others who are trained to treat prescription-drug dependency with a sensitive, client-centered therapeutic approach.

“Over the past three years, prescription drug-addicted clients have come to account for nearly half of our patients,” says Larry Davis, The Friary’s administrative and clinical director.

Why is our area especially prone to prescription drug abuse? “Its large senior population is one reason,” says Terry Ptacek, M.D., medical director of The Friary. “Older people tend to have more pain medications prescribed,” he explains. “They can become addicted, or their pills can fall into the hands of others. Teens, for example, sometimes take them from Grandma’s house.”

Even when used properly, these medications can lead to addiction. Military personal recovering from physical trauma, for instance, can become addicted to opiates — they account for up to 30 percent of The Friary’s patients, says Davis.

“These are powerful drugs and patients can develop a tolerance for them,” says Irvin J. Williams, Ph.D., director of specialty programs at Lakeview Center. Just like illegal drugs such as heroin and cocaine, these drugs can become necessary just to maintain a sense of balance. “People say they stopped getting ‘high’ long ago and now just need the drugs to keep from becoming sick,” says Dr. Williams. “That’s when you know they have a physical dependence.”

A number of treatments are available. Medications can lessen cravings and help patients get off the addictive drug. Counseling for both the patient and family members also is critical in dealing with any underlying emotional predisposition to addiction. “We use different approaches to overcoming addiction, because one size does not fit all,” Dr. Williams says.

That’s part of what makes The Friary effective. “As a small, 30-bed unit, we can provide more individualized treatment,” says Dennis Goodspeed, vice president, Behavioral Health Services, Lakeview Center. With a therapist-to-client ratio “among the best in the country,” Goodspeed says, The Friary is able to make “closer connections” with patients and their families. That is crucial to help recovering patients maintain sobriety after they leave the facility, he says.

“Our staff really cares about our patients and does what it takes to help turn addiction around,” says Dr. Ptacek. “The Friary is a very pretty, spiritual and restful place, but the real reason it works is that we have people who care and know what to do.”

Dr. Ptacek is an employee of Lakeview Center, an independent affiliate of Baptist Health Care.

The Friary is blessed with a beautiful natural setting on Pensacola Bay.
Cathy Hagood was pretty sure she had hurt her knee in the outfield during a softball game last August. "I was running after a ball and hit a rut in the ground, and my knee went sideways," says Hagood, 42, of Navarre, a lumber sales executive, wife and mother of two.

She became completely sure when she came to bat the next inning and, while running to first base, felt an excruciating “pop” in her knee. She had torn her anterior cruciate ligament (ACL), which caused her knee to buckle and sent her tumbling to the ground.

What she didn’t know was that she had a surprising risk factor for her type of knee injury: being female. “Women are anywhere from two to nine times more susceptible to an ACL tear than men are,” says Charles A. Roth, M.D., orthopaedic surgeon at the Andrews Institute.

There are several reasons, as Dr. Roth explains. Because they have wider hips than men, women are naturally more "knock-kneed" (the scientific term for the condition is valgus knee angle). Females also tend to have “quadriceps dominance,” in which the quadriceps muscles on the front of the leg are stronger than the hamstrings on the back of the leg. And women’s trunks are less flexible, causing them to land much more upright and have less knee, hip and trunk flexion than males during walking, landing and cutting maneuvers. All these factors mean that more stress is put on a woman’s ACL. “So in the same sports, the same type of stresses caused by pivoting or jumping mean a greater potential for injury in women,” Dr. Roth says.

There also is some evidence that hormones associated with the menstrual cycle can lower the ligament’s strength, though that is as yet unproven.

Women can reduce their risk for knee injury by training to compensate for their natural weaknesses. Building hamstring strength and working on trunk flexibility and jumping techniques are good first steps, Dr. Roth advises. Biomechanics studies (see “Did You Know?” below) can diagnose valgus knee angles, which can be corrected with orthotics.

When ACL tears occur, surgery is the best treatment. Hagood underwent a procedure a week after her injury. Dr. Roth implanted a new ACL and repaired a meniscus in her knee that tore when she sustained her injury. By November, she was walking normally and riding a bike for exercise, and she hopes to begin running again by February.

Hagood vows she’ll be back on the softball diamond when her season resumes in June.

DID YOU KNOW?
The Andrews Institute includes a biomechanics lab equipped with four force platforms, 13 movement analysis cameras, a metabolic cart and electromyography. These tools allow biomechanics researchers to investigate risk factors for injuries; mechanics of human movement during running, throwing and jumping; metabolic expenditure during different exercises; and muscle activity.

Charles Roth, M.D.
Charles Roth, M.D., is a board-certified orthopaedic surgeon and an independent practitioner affiliated with Baptist Health Care, with clinical interests in orthopaedic sports medicine procedures of the knee and shoulder with an emphasis on articular cartilage repair. He is a graduate of the University of Texas School of Medicine, San Antonio, Texas.
“The system’s optical advances allow surgeons to perform minimally invasive operations more safely and accurately,” says David Wildebrandt, senior vice president of BHC and administrator of Baptist Hospital. “One of our goals is to provide our surgeons with the absolute best technology, which directly translates to better patient care,” he says. “If you are doing this type of surgery and you have better optics, you will get better outcomes.”

The new OR improves access and privacy. An elevator in the new two-story atrium lobby takes patients and their families directly to the new center. Once upstairs, families will have private rooms with televisions and plenty of space. This center of innovation supports direct access to all inpatient and outpatient procedural areas such as the Heart and Vascular Center’s catheterization lab, gastroenterology and interventional radiology. Valet parking and easy check-in are other convenient features. “You won’t be searching for anything,” Morris says. “It’s designed to keep families together as much as possible.” The benefits for patients include less time spent under anesthesia and faster recovery.

The OR suites are being installed across the nation in both academic medical centers and community hospitals, and Baptist Hospital is the first in the region to be selected as one of the Institute’s surgical suites. “People are generally very anxious about going into surgery, and we can ease that anxiety by offering minimally invasive procedures that are less painful, less complicated and allow patients to return to their normal lives much more quickly,” says Wildebrandt.

The iSuite® is the first of six planned for the hospital, and eventually many surgeries, including orthopaedic, cardiovascular and bariatric, will be performed in them. “A big part of quality care is consistency,” Wildebrandt explains. “We want all of our ORs to have the same high level of technology so every patient can receive the same positive surgical experience.” Baptist Hospital made an investment to provide the latest in leading OR technology as a part of the hospital’s $35 million construction and expansion project.

Bringing on the forefront of technology helps Baptist Hospital create the best up-and-coming surgeons, Morris explains. “Maintaining a progressive surgical environment is key in our ability to bring to our campus the most skilled surgeons trained in the newest technologies,” she says. “As one of the nation’s leading health care systems we strive to offer surgical advances that include the latest equipment.”

“The iSuite® furthers our commitment to our care philosophy as a patient-centered organization,” Wildebrandt says. “That includes adding the newest and best technology to help us give the best possible care when patients are most vulnerable.”

So when your grandmother starts reminiscing about the delights of yesteryear, just smile and nod your head. You know — and she probably does too — that some things are actually getting a whole lot better.

**ANOTHER TECHNOLOGY FIRST FOR REGION: BAPTIST HOSPITAL SELECTED AS TELESURGERY SITE**

Last summer, Baptist Hospital and Jeffrey Friedman, M.D., bariatric surgeon, broadcast a “live” televised laparoscopic bariatric Roux-en-Y Gastric Bypass surgery from Baptist Hospital’s new hybrid iSuite® operating room to the Ethicon Endo-Surgery Institute in Cincinnati, Ohio.

Dr. Friedman shared his innovative surgical techniques with an audience of faculty surgeons, along with domestic and international representatives. Dr. Friedman’s insights and expertise allow hospitals and surgeons around the world to provide a higher level of care. The selection of Baptist Hospital and Dr. Friedman is a testament to their commitment and leadership in operating room (OR) technology. Training surgeries are often reserved for highly acclaimed and world-renowned teaching facilities. Baptist Hospital is honored to join with these prominent institutes as an industry leader in minimally invasive surgery techniques.

The Baptist Hospital’s dedication to the technology that helps people is apparent when you step inside the hospital,” said Dr. Friedman. “The recent investment in the new, state-of-the-art surgical suites has strengthened the field of minimally invasive surgery for the region, but more importantly it ensures a higher quality care for patients.”
HELPING YOU HAVE A HEALTHY, HAPPY NEW YEAR

MEDICAL EXPERTS WEIGH IN WITH ADVICE YOU CAN USE FOR A HEALTHIER 2012

EACH YEAR WE MAKE RESOLUTIONS to eat well and give up bad habits. According to the Harvard Nurses’ Health Study, keeping these resolutions can, among other benefits, help cut heart disease risk by an impressive 80 percent and cancer risk by 30 percent. To help all of us on the Gulf Coast get — and stay — healthy in 2012, we asked prominent health care providers at Baptist Medical Group for their professional recommendations on how we can make it happen:

BE ACTIVE — EVERY STEP COUNTS.
30 minutes of exercise a day is recommended, but every step counts. Take the stairs, park further away from an entrance, go for a brisk walk in the morning. A little bit can go a long way towards starting a healthier, more active lifestyle.
—LUTHER CARTER, M.D., CARDIOLOGY

REMEMBER TO LAUGH.
Laugh for at least 15 minutes each day. It will make you feel better and will help you decrease stress.
—SANGEETA PATIL, M.D., INTERNAL MEDICINE

BE MINDFUL OF SAFETY.
Don’t take chances with your safety. Get that ladder instead of using a chair, and get help when lifting heavy objects. Knowing and observing your limits will help you prevent injury.
—OLE OLSEN, M.D., URGENT CARE

FIND A PRIMARY CARE PHYSICIAN YOU TRUST.
If you are not established with a primary care physician, do what you can to research and select one to best meet your needs. When you have a health care partner, you’re more likely to seek care and health advice at the time of injury or illness, better positioning yourself for a healthy life.
—LOGAN RICHARDS, M.D., INTERNAL MEDICINE

EMBRACE A HEALTHY SLEEP HABIT.
If you’re a light sleeper, you may have issues that need to be addressed. If you snore, you may have sleep apnea. If you are fatigued during the day, see your primary care physician and discuss the possibility of having sleep apnea or restless leg syndrome.
—EDWIN TAYLOR, M.D., FAMILY MEDICINE

IF YOU SMOKE, QUIT.
To be healthy, you really should quit smoking. It’s a challenge, but with today’s resources and help available at your health care provider’s office, you can make it happen.
—MUNIRA MIAN, M.D., FAMILY MEDICINE AND PEDIATRICS

GET MOVING TO REDUCE CANCER RISK.
Research shows that moderate physical activity decreases the risk of colon and breast cancers. The benefit in breast cancers is seen in both primary and secondary prevention. This effect is seen both in premenopausal and postmenopausal women, though the greatest benefit is seen in postmenopausal women.
—CARLETTA COLLINS, M.D., OBGYN

AVOID BACK PAIN.
Back pain is the second leading cause of medical visits. You can avoid acute back pain by avoiding carrying heavy bags on one side of your body, sleeping on a firmer mattress, maintaining a healthy weight and doing your best to maintain good posture.
—TRACY REDMOND, A.R.N.P., URGENT CARE

CONTROL YOUR PORTION SIZES.
Losing weight may be your number one New Year’s resolution. Make it happen just by decreasing your portion sizes. Taking this small step can be a tangible way to meet your goal. Studies show that controlling portion sizes by using a smaller plate or bowl can help curb overeating.
—JOYCE NICHOLS, A.R.N.P., FAMILY MEDICINE

MIND YOUR PRESCRIPTIONS.
If your doctor has prescribed a medicine, do everything you can to take it as directed. If you run out, contact your pharmacy. If you have questions, consult your physician, but know that it’s an important part of maintaining your overall health. In fact, the Journal of the American College of Cardiology reports that adopting a heart-healthy lifestyle and faithfully taking evidence-based cardiac medications lower the risk of another heart attack by 80 percent each year.
—DAN DOTY, M.D., CARDIOLOGY

SET TANGIBLE HEALTH GOALS!
If you desire significant health-related improvements in the New Year, such as quitting smoking, weight loss, or increase in activity, you should discuss with your health care provider how to create a feasible game plan. If you haven’t walked a mile in years, don’t expect to buy a new pair of walking shoes and go tackle the track in one day! Setting lofty goals that are hard to maintain will hurt your overall chances for success. With the help of a provider, you can find changes you can make and implement them first, then along with your health care team you can take on the tougher challenges!
—BRANDY FRANKLIN, PA, FAMILY MEDICINE

WANT MORE HEALTH TIPS FROM OUR EXPERTS?
“Like” Baptist Medical Group on Facebook for regular health tips and updates about free seminars that can help make your health goals a reality!
Robotic Lung Surgery

By combining advanced robotic technology with experienced, skilled surgeons, Baptist Health Care has transformed the experience of lung surgery from an open-chest operation to a minimally invasive surgery for residents of northwest Florida. This state-of-the-art minimally invasive procedure to treat lung cancer reduces pain, allowing a faster return home, and produces better overall outcomes for patients.

Are you concerned about memory loss? Free memory screenings are conducted every week on Memory Mondays, from 8 a.m. to 4 p.m. at the Baptist Memory Disorder Clinic located at Baptist Medical Park – Nine Mile. Learn the difference between normal aging and abnormal memory loss, plus the treatments that are available to manage memory loss. Alternate dates for screenings are available. Call the Baptist Memory Disorder Clinic at 850.208.6180 to set up a screening.

Edwin Rogers, M.D.

Edwin Rogers, M.D., a longtime physician leader in the Pensacola community, has been named chief medical officer (CMO) of Baptist Medical Group, Baptist Health Care’s expansive employed physician network. For the last 30 years, Dr. Rogers has served as a board-certified interventional cardiologist with Cardiology Consultants, an affiliate of Baptist Health Care. While continuing to practice cardiology, Dr. Rogers will now guide the development of clinical programs and foster growth of the physician team that currently comprises more than 100 doctors.

Baptist Hospital Construction

Baptist Hospital is integrating a modern design and amenities while honoring our long-standing heritage as the community’s hospital. An expansive two-story addition will welcome patients, families and visitors and provide easy access to family areas and the Baptist Bistro. On the second level, the surgical waiting area is near the new surgery department and offers a bright and open area for families to relax in comfortable surroundings. The modern design will extend to the Emergency Department, throughout hallway corridors and restrooms and continue outside to the campus grounds with new landscape, green space and parking. The project is on schedule for completion in early spring 2012.

Elizabeth Callahan

Elizabeth Callahan joined Baptist Health Care as the first full-time in-house general counsel. Callahan has provided Baptist with outstanding legal support and guidance for 10 years. As she transitions into her new role, she will coordinate all internal and external legal matters as well as offer advice on the majority of key decisions for the corporation.

Leslie Barnes, M.D.

Leslie Barnes, M.D., a fellowship-trained orthopaedic trauma specialist, provides care at Baptist Hospital's state-approved Level II trauma center. Together with Jason Rocha, M.D., and in partnership with The Andrews Institute, Baptist Hospital now offers the area's only specialized orthopaedic trauma team dedicated exclusively to fracture care. Dr. Barnes is an employee of Baptist Medical Group, an independent affiliate of Baptist Health Care.

Baptist Voted ‘Best of the Coast’

The community has told us that when people enter Baptist Health Care’s facilities and walk through our hallways, they feel a sense of family. Thanks for voting Baptist Hospital “Best Place to Work” in the Independent News “2011 Best of the Coast” readers’ choice awards.
A show of support!

More than 400 people attended “Stepping Out in Style,” the sold-out 35th annual Women’s Board of Baptist Health Care Foundation fashion show in October at New World Landing. Belk brought its professional runway show to Pensacola, Fla., for the event, which raised funds to support programs and services provided by Baptist Health Care, the area’s only locally owned, not-for-profit hospital system. Proceeds from sponsorships, tickets, raffle and silent auction sales yielded more than $31,000.

1. Erika Schneider, M.D., and her daughter Ava
2. Belk model
3. Malcolm Ballinger, Ballinger Publishing, followed by Ming Zhang, M.D., general surgeon
4. Emcee Mollye Barrows Vigodsky with husband Craig

For more images, please visit our Baptist Health Care Foundation Facebook page.

Lifesavers

A reception was held at Baptist Hospital to view new digital mammography technology. The Kugelman Foundation, the Chadbourne Family Foundation, the Bear Family Foundation, Radiology Associates of Pensacola and the Krewe du YaYa participated in a fundraising challenge to bring the lifesaving technology to BHC.


BHC Foundation grant benefits Lakeview children

The Greater Escambia Community Foundation through the Fund for Gulf Communities awarded Lakeview Center $36,000 for a playground at its new children’s building. The fund was created through Rockefeller Philanthropy Advisors. Each year, Lakeview provides care for more than 9,000 children in the community. The new facility, scheduled to be completed in the spring of 2012, will offer children’s services that include a day school, behavioral health and FamiliesFirst Network.

6. Left to right: Paul Young, Greater Escambia Community Foundation (GECF) executive director; Gary Bembry, CEO, Lakeview Center; and Eric Nickelsen, GECF board chairman.

FOR MORE INFORMATION

If you would like to support the Foundation, please call 850.469.7906. Visit us online at BaptistHealthCareFoundation.org or ”like” us on our Facebook page.
hold that salt shaker?

WHILE STUDIES CONFLICT, IT’S CLEAR THAT AMERICANS GET MORE DIETARY SODIUM THAN THEY NEED

TO SALT OR NOT TO SALT? IF YOU’VE been following recent medical news, you know that this question has drawn a lot of attention lately. Last year, New York City Mayor Michael Bloomberg announced an effort to reduce the nation’s salt intake by 25 percent over the next five years. But soon after that, an article in the Journal of the American Medical Association made some people wonder if cutting their sodium consumption could really help prevent heart attacks and stroke. The piece reported that a low-salt diet was associated with lower rates of disease and death in only five of 11 studies examined. The others found that people on low-salt diets fared either the same as or worse than those on unrestricted salt diets.

But many experts were not swayed by these findings, and two reports since then have bolstered their position: A New England Journal of Medicine study found that consuming three fewer grams of salt per day could cut the annual number of deaths by 44,000. And a study in Annals of Internal Medicine concluded that reducing sodium by 10 percent would prevent almost 500,000 heart attacks.

The more salt there is in blood vessels, the more fluid is attracted in and the higher the blood pressure becomes. Most foods in their natural state contain some sodium. However, up to 75 percent of the sodium that Americans consume comes from processed foods. Thus, one of the best ways to lower salt intake is simply to eat freshly prepared meals.

Sodium is an acquired taste. The American Heart Association recommends that people limit consumption to 1,500 milligrams each day. (See page at right for other heart-healthy dietary recommendations.) As you take steps to reduce sodium, you’ll actually start to appreciate foods for their true flavor.

SOME SALTY SURPRISES

Health experts recommend most people consume from 1,500 to 2,400 milligrams of sodium a day. Check out these unexpected sodium sources.

- 1 cup of seasoned bread crumbs | 2,111 milligrams
- 1 cup of low-fat cottage cheese | 918 milligrams
- 1 cup of tuna salad | 842 milligrams
- 1 cup of spaghetti sauce | 1,203 milligrams
- 1 cup of raisin bran | 362 milligrams
The American Heart Association recommends a wide variety of nutritious foods daily. Even simple, small changes can make a big difference. A healthy diet is one of your best weapons for fighting cardiovascular disease. Remember the guidelines below for quantities to regularly include in your diet:

**Sugar-sweetened beverages:** no more than 450 calories (36 ounces) a week

**Fiber-rich whole grains:** at least three 1-ounce servings a day

**Processed meats:** no more than 2 servings a week

**Fish (preferably oily fish):** at least two 3.5-ounce servings a week

**Fruits and vegetables:** at least 4.5 cups a day

**Nuts, legumes & seeds:** at least 4 servings a week

**Sodium:** no more than 1,500 milligrams a day

**FREE COMMUNITY SEMINARS: LEARN HEART-SAVVY EATING**

Attend one of the Heart Health Seminars listed below, presented by Cardiology Consultants, to learn more about heart health. (Please visit GetHealthyPensacola.com for more Heart Health Seminar locations.)

- **Andrews Institute Athletic Performance & Research Pavilion, Conference Room B**
  - Tues., Feb. 21
  - Light lunch: 11:30 a.m.
  - Seminar noon–1 p.m.

- **Baptist Medical Park, Azalea Room**
  - Thurs., Feb. 23
  - Light lunch 11:30 a.m.
  - Seminar noon–1 p.m.

- **Baptist Hospital, Medical Meeting Rooms**
  - Wed., Feb. 8
  - Light lunch 11:30 a.m.
  - Seminar noon–1 p.m.

To register, call 850.469.7897. Reservations are kindly requested.