HERE’S TO YOU!

EVERY YEAR MILLIONS OF PEOPLE, MYSELF included, set goals for achieving optimal health. We do this because health affects every aspect of our lives — energy levels, family time, work performance and our ability to give back.

We hope this edition of Gulf Coast Health & Life can serve as your healthy living guide for 2013. The content covers a variety of health topics including heart health, substance abuse, surgery options, cancer prevention and emergency care.

Baptist Health Care’s Mission is to improve quality of life for everyone who lives in our community and we aspire to provide you with resources to help you achieve the quality of life you desire. Our website is another great resource: Visit BaptistHealthCare.org to view physician profiles, schedule appointments, utilize our interactive health assessments and sign-up for email alerts to remind you of important health screenings. Additionally, we offer year-round support groups and free health education seminars at locations across the region.

Whether it is in our facilities or our communities, the Baptist Health Care team genuinely cares about each person we have the opportunity to serve. As the area’s only locally owned, community-based health care system our organization focuses on keeping the needs of our Gulf Coast community — your needs — at the forefront of every decision we make. You are our priority.

I hope you and your family have an outstanding New Year!

Mark Faulkner
President and Chief Executive Officer
Baptist Health Care

CONTENTS

3 Healthy habits
Reports on staying well — including tips on how to maintain a healthy weight.

4 New year, new you
Lose weight and live healthier in 2013.

7 Giving you a hand
The Andrews Institute Hand Center specializes in one important body part.

8 Picture this
Imaging plays a big role in beating cancer.

9 Stepping out
Supporting Baptist Health Care and looking fabulous!

10 Turn your life around
Escape addiction, with our help.

11 Tech savvy
Baptist Health Care leads the way with the latest medical technology.

12 Lose the wait
ER keeps pace with growing demands for shorter stays.

13 In the news
Learn more about Baptist Health Care’s Healthy Lives™ employee wellness program.

14 Career, family and self
Resources for busy women who want healthy families.

15 Be heart healthy now
The American Heart Association suggests easy-exceptions you can take for good heart health.

Scan this QR code to access Health & Life magazine, sign-up for the electronic edition and take a survey that awards winners with a trip to the spa.

Win!
Go to GCHealthandLife.org, and enter to win one of three spa gift packages, valued at $150 each.

Last Issue Winners:
BUD OF PENASCOLA
EBONY OF PENASCOLA
AND TERESA OF PENASCOLA

Sign up for our e-newsletter at GCHealthandLife.org.
50%  Walking is good for heart health, but fast walking is even better. A study from Europe found that fast walking and jogging every day can cut your risk of heart disease and stroke by as much as 50 percent.

come in FROM THE COLD
Living in Florida does not make us immune to occasional outbreaks of cold weather. Seniors are particularly vulnerable to a drop in body temperature, called hypothermia.

How do you know if someone has hypothermia? The National Institute on Aging says to look for the "umbles"—stumbles, mumbles, fumbles and grumbles—that indicate that the cold is a problem.

CHECK FOR:
- Abnormal shivering
- Change in behavior or appearance
- Confusion or sleepiness
- Poor control over body movements or slow reactions
- Slurred, slurred speech or shallow breathing
- Stiffness in the arms or legs
- Weak pulse

If you think someone could have hypothermia, use a thermometer to take his or her temperature. If the reading doesn’t rise above 96°F, call for emergency help.

DON’T WORRY be happy
The holidays have passed and the house is empty of family and friends. Tackle the New Year’s blues through diversion. That’s right. When you start to feel down-and-out, take a walk to distract yourself. Distraction works well and even just 10 minutes of exercise can help change your mood.

CALLING ALL BABY BOOMERS
If you were born between 1945 and 1964, you’re a baby boomer. You also are at risk for hepatitis C. One in 30 baby boomers is infected with the virus and most don’t know it. That’s why the U.S. Centers for Disease Control and Prevention recommends that all baby boomers be tested for hepatitis C.

The virus is a leading cause of liver cancer and other liver diseases and is the leading cause of liver transplants. It can be detected with a simple blood test. If you haven’t done so already, ask your doctor about this potentially lifesaving new screening.

ANTIBIOTIC AWARENESS
It’s cold and flu season, and many people ask their doctors for antibiotics to fight off their illness. However, antibiotics don’t work against these conditions, or against most coughs, sore throats and bronchitis.

WHY?
- Germs called viruses cause colds, the flu and most respiratory infections.
- Antibiotics do not fight viruses; they fight other germs called bacteria.
- They will not help your body fight a cold or the flu.
- They will not get rid of your cold or flu symptoms.
- They will not stop your cold or flu from spreading to others.

LOSE IT! THE WEIGHT, THAT IS
Countless Americans will vow to eat less, exercise more and adopt healthy habits for the New Year. If your goal is to maintain a healthy weight, start with three simple tips:

- Stock your kitchen with healthy, ready-to-eat snacks and meals-in-minutes so you’ll be less likely to hit the drive-through or order a pizza during the busy work week.
- Reduce temptation by purging the cupboards of fattening foods, such as chips and ice cream, making it necessary to leave the house for an occasional treat.
- Get plenty of sleep. When you’re sleep deprived, your body overproduces the appetite-stimulating hormone ghrelin but underproduces the hormone leptin, which tells you when you’re full. So rest up and avoid snacking.

3 BALANCE BASICS
Falls are especially serious for older people who are more likely to break a bone when they fall. Three simple exercises can help improve your balance and reduce your risk of falling.

WHILE HOLDING THE BACK OF A CHAIR, SINK, OR COUNTER
1. Stand on one leg at a time for a minute and then slowly increase the time. Try to balance with your eyes closed or without holding on.
2. Stand on your toes for a count of 10, and then rock back on your heels for a count of 10.
3. Make a big circle to the left with your hips, and then to the right. Do not move your shoulders or feet. Repeat five times.
new year, new you
IF YOU WANT TO LOSE WEIGHT IN 2013, CHOOSE THE PLAN THAT WORKS FOR YOU.

WEIGHT LOSS IS A COMMON NEW YEAR'S resolution. Achieving a healthy weight is one of the best things you can do for overall good health and there are safe, healthy ways to achieve your goals.

What works and what doesn't when it comes to safe, healthy, long-term weight loss? It all starts with your doctor. Your personal physician can advise you on the best ways to combine diet and exercise and also manage your individual health concerns to take the weight off and keep it off. Meet with your doctor and discuss the strategies on these three pages to help you reach your goals for the New Year and beyond.

**DIET AND EXERCISE PLAN »**

For those of you who need to lose those extra few pounds you put on over the holidays, or who want to improve your diet and exercise habits in the coming year, Monica Nall, M.D., a primary care physician, and Tracey Doyle, M.D., an OB/GYN, offer a few tips and tricks.

**TALK TO YOUR DOCTOR**

"Multiple research studies have shown that working with a physician is more likely to result in maintainable weight loss than trying to lose weight on your own," Dr. Nall says. "Sometimes, an outside and objective perspective is needed to set realistic and consistent goals and to consider your individual lifestyle and health needs."

**CONSIDER THE LONG TERM**

"Eating a healthy diet helps you maintain a healthy weight and protects you from certain diseases," says Dr. Doyle. "Faced with diet with whole grains, fruits and vegetables, beans, lean protein, low fat dairy, lots of water and small amounts of healthy fats such as nuts, avocados and olive oil. It's all about moderation."

**THINK HEALTHY DIET, NOT FAD DIET**

"Fad diets are all about instant gratification," Dr. Nall explains. "This can feel good and result in initial dramatic weight loss, but those losses are almost never maintainable." Talk to your doctor or a nutritionist about what constitutes a healthy diet.

**DON'T DEPRIVE YOURSELF**

Maintaining a healthy body weight doesn't have to mean depriving yourself of favorite treats. "Cutting out a specific food or drink can be extremely difficult," Dr. Nall says. "Instead, consider cutting portion sizes. Have a small slice of pie and no seconds."

**KEEP A DAILY FOOD CALORIE LOG**

"Keeping a log can really jumpstart a healthy diet," Dr. Nall says. "Looking at your current diet and exercise patterns can help you to see what small modifications can make a difference," says Dr. Doyle. "Reducing soda intake is a great start. To lose weight, you must use more calories than you take in. One pound equals 3,500 calories, so you need to reduce your caloric intake by 500 to 1000 calories per day to lose about one to two pounds per week."

**SET REALISTIC GOALS**

When working on weight loss, a healthy and realistic goal is to lose one to two pounds a week. "That may seem slow, but over one year, that will result in 50 to 100 pounds of weight loss," Dr. Nall says.

"If you are teaming up with your spouse to lose weight together, be mindful that woman's bodies require higher levels of certain nutrients such as iron and calcium," says Dr. Doyle. "The recommended dietary allowance of iron for pre-menopausal women is 18 milligrams a day, for men it's eight milligrams."

**TAKE A WALK — EVERY DAY**

You don't need to exercise like an Olympic athlete to control weight. The American Heart Association recommends 30 minutes of moderate activity four to five times a week. "For most people, a brisk walk may be a good start," Dr. Nall recommends. "Your doctor can recommend alternatives as well."

If you need a doctor, visit [BaptistMedical Group.org](http://BaptistMedical Group.org) or call 850.437.8600.
"I THINK I NEED MORE HELP"

THERE ARE TIMES WHEN YOU MAY FEEL LIKE YOU CAN'T DO THIS ON YOUR OWN. For whatever reason, you may need medical professionals to actually supervise and oversee your weight loss program. Fortunately, help is available.

Physicians at Baptist Medical Group - Westside offer physician-supervised weight loss for people who need more help than exercise and healthy eating tips. Mickey Daum, M.D., a board certified family medicine physician, oversees the providers of the medically assisted weight-loss services. One of those providers is Sandra Moody, A.R.N.P., who describes features of the program.

Do you think medically-assisted weight loss may be right for you? If so, call Baptist Medical Group Family Medicine - Westside at 850.453.6737 or visit BaptistMedicalGroup.org to learn more.

MEDICALLY ASSISTED PLAN »

FACE-TO-FACE TIME
"Weight loss involves a serious and committed lifestyle change, and multiple studies have demonstrated that a face-to-face encounter is most effective for long-term weight loss," Moody says. "We believe the encounter should be with a medically trained professional to monitor the whole person."

SUPPORT AND ACCOUNTABILITY
Medically supervised weight loss is a two-way street. Providers are there for you at every step, and they hold you responsible to meet your obligations. Patients are weighed, monitored and counseled weekly for the first month and then monthly thereafter. "Support and accountability are key!" Moody emphasizes.

HIGH STANDARDS
People in this group may need to lose more weight initially, and they can. Moody says that patients in this program can expect to lose 15 pounds in the first month, and then 10 pounds per month following.

STRICT DIET AND EXERCISE HABITS
Before you begin, you will complete a physical exam prior to starting your weight-loss plan. The doctor will review your health history and determine the best diet and exercise program for you. In general, these will include:
➤ 40 minutes of aerobic exercise, three times per week.
➤ A calorie-appropriate diet (with calories based on your desired weight loss).
“WHEN DIET AND EXERCISE AREN’T ENOUGH”

FOR THOSE PATIENTS WHO ARE CLINICALLY MORBIDLY OBSESE, DIET AND EXERCISE ALONE AREN’T ENOUGH. IF YOUR GOAL is to regain good health and lose a lot of weight, you may be a candidate for bariatric surgery. Here are five things you should know.

For more information about bariatric surgery call 850.437.8746 or visit findthehappy.org.

BARIATRIC PLAN

WHO IS ELIGIBLE FOR SURGERY?
An individual is considered morbidly obese if he or she is 100 pounds over his or her ideal body weight, has a BMI of 35 or more and is experiencing obesity-related health conditions, such as high blood pressure, diabetes, acid reflux and sleep apnea.

WHY SHOULD YOU CONSIDER THE SURGERY?
Because it can save your life, “Losing weight combined with eliminating those related health conditions can help people live 10 to 15 years longer without having the surgery,” Dr. Friedman says. “Weight-loss surgery can help Type 2 diabetes. It usually reduces blood pressure and relieves many sleep and reflux problems. You’ll feel better, physically and emotionally.”

IS THE SURGERY SAFE?
As with any surgery there are risks, however Dr. Friedman says, “It’s safer than gall bladder removal (which is considered common and safe). It’s very safe and effective, and the benefits far outweigh the risks.” However, surgery is just a tool. “You have to be ready to make lifestyle changes in diet and exercise and make a commitment to our aftercare program to be successful,” he says. You also will be working with a nutritionist and psychologist to help change your eating habits.

HOW CAN YOU LEARN MORE?
Make plans to attend one of our free seminars to learn more about bariatric weight loss surgery. A Meet the Doc program is scheduled every fourth Tuesday this year from 6:30 to 8 p.m. at the downtown Baptist Hospital campus in the Medical Meeting Rooms. Call 850.434.4080 to reserve your seat.

WHAT IS BARIATRIC SURGERY?
Jeffrey Friedman, M.D., bariatric surgeon, explains that this type of surgery limits the amount of food you can eat and digest. There are a few different types of this surgery. The most common is called laparoscopic gastric bypass. The surgeon creates a small pouch at the top of the stomach and then connects the small intestine to that pouch, “bypassing” the large intestine.

“About 95 percent of my patients have bypass surgery,” Dr. Friedman says. “It’s the most effective at helping patients lose weight and keep it off for the long run.” In fact, patients on average lose about 80 percent of their excess weight, and 90 percent keep it off five years or longer.
The hand is one of the most used and complex parts of your body. Hand injuries and conditions are fairly common because of how much we use them and account for nearly 10 percent of hospital emergency room visits. The U.S. Bureau of Labor Statistics estimates that annually approximately 110,000 workers lose time from work due to hand and finger injuries.

GIVING YOU A HAND
THE ANDREWS INSTITUTE HAND CENTER SPECIALIZES IN ONE IMPORTANT BODY PART

Consider the hand. It comprises 28 different bones and joints, three major nerves and 45 named nerve branches, about three dozen muscles, at least 123 named ligaments and countless blood vessels all squeezed into the size of... well, your hand. These tissues allow some of the most complicated movements and tactile experiences in the body, requiring a specialist to treat it.

That’s why Gulf Coast residents are fortunate to have the Andrews Institute Hand Center. It’s the area’s only hand center and has three fellowship-trained physicians who are specifically dedicated to treating the hand and upper extremities. From sports injuries and trauma to conditions such as arthritis, trigger finger, tendonitis or carpal tunnel syndrome, hand and upper extremity specialists at the Andrews Institute Hand Center offer rapid, accurate initial evaluations with leading-edge treatment options for everyone.

“You use your hand for everything you do, and our specialists are trained to treat each bone, muscle, tendon and joint,” says Beau Pollard, executive director, orthopaedic service line, Baptist Health Care/Andrews Institute.

That can prevent a small problem from becoming something bigger. For example, suppose an initial diagnosis misses something such as a tendon or ligament injury in someone diagnosed with a wrist sprain. Left untreated for too long, those injuries may become impossible to repair. “It is important to see a physician who specifically specializes in the area needing attention due to an injury or a medical condition,” Pollard says.

The Hand Center also provides on-site MRI and digital X-ray imaging, upper extremity wound management and hand rehabilitation therapy services including occupational therapy. “If you want to get well and back to a high quality of life, rehabilitation is a major component for success,” says Pollard.

Hand therapy is provided by occupational therapists who have completed additional training and have received designation as certified hand therapists to provide the necessary rehabilitation for the best possible outcomes of hand disorders. Certified hand therapists are at all Andrews Institute rehabilitation locations across northwest Florida, so you don’t have to travel far to get expert, physician-directed therapy.

“Our therapists work side by side, day in and day out, with our hand surgeons to provide the most comprehensive care possible to help you get back to work, sports and the hobbies you enjoy,” says Pollard.
picture this

IMAGING PLAYS A BIG ROLE IN BEATING CANCER

THE SOONER THE BETTER — THAT'S the watchword for beating most forms of cancer. The sooner cancer is detected, the better the chances your doctor has of treating it effectively. The best way to detect cancer early is with diagnostic imaging procedures that are part of your regular cancer-screening schedule.

Baptist Medical Park—Nine Mile offers convenient access to board-certified, fellowship-trained oncologists and comprehensive diagnostic imaging services. These images help Baptist Cancer Institute’s oncologists determine if cancer is present, and if so, how advanced the cancer is, where precisely it is located and how best to treat it.

“I believe we have a great team of compassionate, caring and well-trained physicians,” says Sherif Ibrahim, M.D., hematology-oncology specialist. “Our location makes it easier for patients to get treated close to home. We are well-staffed and ready to see our patients as soon as we get the referral.”

The facility includes state-of-the-art magnetic resonance imaging (MRI), computed tomography (CT), ultrasound, digital X-ray, DEXA bone density scan, nuclear medicine and 3-D digital mammography.

“Baptist is the first hospital in Florida and has the only facilities in the Pensacola area to offer 3-D digital mammography,” says Julie Cardwell, administrator of Baptist Medical Park – Nine Mile.

Along with cutting-edge technology, the facility offers convenient amenities, such as easy accessibility from the highway, lots of parking, a caring and friendly staff and access to more than 50 primary care physicians and specialists. “And with multiple private waiting rooms and a dedicated women’s imaging center for mammography and DEXA testing, we are able to meet the special needs of women,” Cardwell says.

But your needs can’t be met if you don’t schedule a screening. Talk to your primary care physician. “Make sure you mark it as a priority on your calendar,” says Dr. Ibrahim. “Be sure to take care of yourself and your loved ones.”

SCREEN SAVERS

Most cancer screenings are age specific, and your primary care physician should guide you on what screenings are most applicable to you, says Nutan DeJoubnner, M.D., oncologist. “But generally speaking, someone older than 50 should be screened for colon cancer. Women 40 years old, and sometimes younger with a family history of cancer, should be screened for breast cancer, cervical cancer and skin cancer. If you don’t have a primary care physician to help guide you and your family on these screenings, I strongly recommend everyone take the time to find a doctor who is right for them,” she says.

Sherif Ibrahim, M.D., and Nutan DeJoubnner, M.D., are employees of Baptist Medical Group, an independent affiliate of Baptist Health Care.

Learn more at BaptistMedicalPark.org. To schedule an imaging procedure at the Baptist location nearest you, call 850.462.7500, option 2. For a referral to a Baptist oncologist, call 850.437.8700.
SUPPORTING BAPTIST HEALTH CARE AND LOOKING FABULOUS!

Health care and high fashion came together in November to create a fabulous fundraiser! The Women's Board of the Baptist Health Care Foundation raised approximately $44,000 to support programs and services at Baptist Health Care through the 36th annual Stepping Out In Style Fashion Show.

"Through sponsorships, donations, ticket sales and silent and live auctions, the funds raised help support our Mission to improve quality of life for our community," said Candy McGuyre, women's board liaison. "We are so thankful to the Board for their tireless efforts and generous support."

As the area's only locally-owned not-for-profit health care system, Baptist Health Care extends sincere appreciation to all supporters including the Women's Board; Belk department store; local celebrity models; Mollye Barrows, event emcee and WEAR TV 3 anchor; and Brent Lane, event auctioneer and Cat Country 98.7 radio personality.

The Women's Board comprises approximately 170 members who raise funds for BHC throughout the year. Check out pictures of the event on our Facebook page or visit Bella.com for video of the event.

If you'd like to help support health care in our community through the Baptist Health Care Foundation or become a Women's Board member, go to BaptistHealthCareFoundation.org to learn more.
TURN YOUR LIFE AROUND
ESCAPE ADDICTION, WITH OUR HELP


Fortunately for Residents of the Gulf Coast, Physicians and Mental Health Therapists at the Summit Group Are Equipped with Tools That Can Help Them Turn Their Lives Around. This Private Psychiatric Clinic for Adults 18 and Older Is Located Away from the Hospital, in a Private Office Center in Jefferson Park. "The Clinic Provides Psychiatric Evaluation, Medication Management, Counseling and Therapy Services," Says Pam Kolek, Director of the Behavioral Health Service Line for Baptist Health Care.

This Is a Busy Time of Year for Behavioral Health, She Says. "We Typically See an Increase in Demand Due to Resolutions, Which Can Include Substance Abuse, and We Also See Depression and Anxiety From Unfulfilled Expectations and Family Interactions for the Holidays," She Says. "People Want to Clear Their Plate of Old Problems. There Is a Sense of Newness with the Beginning of the Year and a Desire to Seek Help."


A Strong Will Can't Break That Addiction, But Medication Can. The Physicians at Summit Group Can Prescribe a Medicine Called Suboxone, Which Can Help Quiet the Craving and Ease Physical Symptoms While Blocking the Effects of Opiates. "Suboxone Is Itself an Opiate, But It's Designed to Be Much Less Addictive Than Other Opiates," Dr. Ptacek Says. "It Stimulates Addictive Centers of the Brain But Also Blocks Those Centers and Prevents the Brain from Wanting Other Opiates."

And It Works Almost Immediately. "The First Dose Takes Effect in an Hour or So, and Once You Start, You No Longer Want the Other Opiates," He Says. It's Not a Cure for Addiction, However. "It's Meant to Be Used in Combination With Therapy and Recovery Groups to Help the Patient Get His or Her Life Back on Track," He Says. "But While You Are On It You Can Function Normally, Go Back to Work or School, Mend the Fences With Your Family and Friends and Change Your Life."


TO SCHEDULE AN APPOINTMENT Call 850.437.8562 or Go Online to Elakeviewcenter.org/SummitGroup.

Terry Ptacek, M.D., Is an Employee of Baptist Medical Group, an Independent Affiliate of Baptist Health Care.
BAPTIST HEALTH CARE LEADS THE WAY WITH THE LATEST MEDICAL TECHNOLOGY

MANY COMPONENTS GO INTO CREATING A WORLD-CLASS health care system. It takes skilled physicians, caring nurses, well-trained technicians and dedicated support staff. It also requires innovative medical technology. A big part of caring for people is offering the latest technological advances so that patients are in and out of the hospital quickly and back home where they can enjoy a better quality of life doing what they love.

“Baptist Health Care values high quality, minimally invasive, leading edge technology and safety,” says Brett Reichwage, M.D., a neurosurgeon with the Andrews Institute for Orthopaedics & Sports Medicine and Baptist Medical Group. That’s why the locally owned, not-for-profit health care system is the only provider in the area to offer O-Arm® technology. “In order to execute operations well, you need special resources that ultimately improve quality of life,” says Dr. Reichwage.

As a neurosurgeon, Dr. Reichwage is grateful that Baptist has the specialized CT scanner that helps him during complex spine surgery. The O-Arm allows him to place spinal hardware such as pins and plates in the precise location using 3-D image guidance. “The O-Arm visualizes the bony anatomy, and with the image-guided software we can avoid delicate neurovascular structures or repeated surgeries,” he says.

After the hardware is placed, he can confirm the location with another CT scan which helps avoid a second, corrective surgery. “The O-Arm is the most advanced scanning technology there is,” he says.

It’s not the only technology at Baptist — not by a long shot. “Baptist has revised all the operating rooms and upgraded imaging software and hardware, putting them technically as far ahead as anyone can be for spine and brain surgery,” says Dr. Reichwage. He also applauds the nursing and technician staff for their expertise in skillfully operating the technology. “The combination of technology and expert team members makes Baptist a great place to have surgery,” he says.

O-THE BENEFITS!

HOW DOES THE O-ARM HELP NEUROSURGEONS?

▶ Ease: It supports the unique requirements of spinal procedures.
▶ Safety: It minimizes radiation exposure for surgical staff.
▶ Quality: It improves accuracy and patient outcomes.

Brett Reichwage, M.D., is an employee of Baptist Medical Group, an independent affiliate of Baptist Health Care.
LOSE THE WAIT!
ER keeps pace with growing demands for shorter waits

Ask anyone what they remember most about an emergency room visit and he or she will probably say, “The wait.”

Improving wait times is the sweet spot that all emergency facilities strive to achieve. Baptist and Gulf Breeze hospitals are ramping up a service that lets you minimize the wait in the ER.

ER Express is an online service that patients who do not have a life-threatening emergency can use to hold a place in line in the ER. The process is simple:
1) Visit eBaptistHealthCare.org
2) Click on ER Express
3) Choose the ER at Baptist or Gulf Breeze hospital
4) Select the available ER Express wait time
5) Complete the form
6) Receive a confirmation email and arrive at the facility of your choice at the ER Express time.

When you are distressed and physically uncomfortable, a lesser wait time can help reduce anxiety and get you on your way to feeling better more quickly. While the ER teams must treat patients based on the severity of condition, patients will be seen as close to the designated ER Express time as possible.

As always, in case of a life-threatening emergency, call 911 or immediately go to the nearest emergency center.

Learn more about the Baptist Health Care emergency care at eBaptistHealthCare.org

Where would you go — or where would you take a loved one — in the event of a heart attack? Certainly, this is a sobering situation to contemplate, but knowing the highest standard of care is nearby can be comforting.

Pensacola is home to the region’s first hospital to receive the American College of Cardiology Foundation’s Platinum Performance Achievement Award — Baptist.

“It’s incredibly difficult to watch a loved one endure something as traumatic as a heart attack,” said Michael Dolister, M.D. “You want to trust that the care being given to that family member or friend is the best. At Baptist Hospital, we have adopted the standards and practices that people can put their confidence in.”

Baptist Hospital earned the award by sustaining the highest standards and excellence in cardiovascular care. What that means for patients along the Gulf Coast is that emergency responders, hospital staff and physicians have proven they are united as one team and consistently provide a higher standard of care for patients.

Michael Dolister, M.D., is an employee of Baptist Medical Group, an independent affiliate of Baptist Health Care.
in the news
NOTEWORTHY PEOPLE, PROJECTS AND AWARDS AT BAPTIST HEALTH CARE

BMG PILLAR AWARDS
Baptist Medical Group recently honored five physicians and five team members during their annual physician symposium. The honorees were recognized for their dedication and meaningful contributions to the physician network in five key “pillars” that comprise the organization’s well-rounded approach to business: People, Service, Quality, Financial and Growth.

BAPTIST welcomes NEW PHYSICIANS
- Amy Armstrong, M.D., hospitalist
- Nicola Briley, M.D., hospitalist
- Juliet DeCampos, M.D., orthopaedic surgery and sports medicine
- Jennifer Driscoll, M.D., family medicine
- Ibrahim Fahdi, M.D., F.A.C.C., F.A.S.E., cardiologist
- Adrian Jefferson, M.D., hospitalist
- Teri Lord, M.D., hospitalist
- James Natalie, M.D., physical medicine and rehabilitation
- Tammy Pruse, D.O., family medicine
- Tamika Ussery-Freeman, pediatric hospitalist

LIKE US ON FACEBOOK – BAPTIST HEALTH CARE

LAUNCH OF HEALTHY LIVES
Baptist Health Care has launched a new employee wellness program, Healthy Lives™ Powered by Baptist Health Care. This comprehensive program is designed to improve worker health and productivity while reducing health care costs. Program participants receive valuable savings, rewards and other incentives for healthy decisions and lifestyles. Gulf Coast area employers interested in learning more about becoming a Healthy Lives workplace should call 1.855.466.6003 or email healthylives@bhcpns.org.

TJC AWARD
On September 19, 2012, The Joint Commission announced a list of Top Performers in Key Quality Measures™. Baptist and Gulf Breeze hospitals were on the list! The listing represents 18 percent of hospitals reporting core measure performance for 2011 and sustaining excellence in accountability measure performance. The significant achievement places Baptist and Gulf Breeze hospital among 620 hospitals in the nation that achieved excellent scores in performance measures.
RESEARCH SHOWS — AND BUSY MOMS KNOW — THAT WOMEN MAKE most of the health care decisions for their families. That’s a big job, especially when you add all the other things women have to juggle, such as career, marriage and children. If they’re lucky, they slip in a little “me” time.

Don’t juggle all these tasks alone. Let us help you balance family and career. Please take advantage of some of our resources for a healthy family.

ONLINE RESOURCES
Visit our web site, eBaptistHealthCare.org, for online resources that can make life easier:
» Make a physician appointment
» Peruse health care events
» Take a CPR class
» Schedule a mammogram
» Sign up for free online screening e-reminders

PARENTING EDUCATION
How can you adapt to a new baby and still maintain a successful career? Attend a free seminar to learn how:
» After Baby Comes 4Dads
Baptist Medical Park – Nine Mills, 9400 University Parkway
Dates vary depending on “daddy” availability. For details call 850.434.4667.
» Working Moms Support Group
Baptist Hospital, Medical Meeting Room, 1000 West Moreno Street 10 a.m. to noon on the fourth Saturday of every month
For information, call 850.855.3699.

MENTAL HEALTH
Visit eBaptistHealthCare/LakeviewCenter.org to:
» Learn your mental health IQ
» Make a physician appointment

SAFETY
To ensure that your active family is informed about health and safety, visit TheAndrewsInstitute.com/InjuryPrevention/Healthsafety to:
» Assess sprains and strains
» Keep your child safe at play in youth sports
» Learn the facts about concussions
The basics of a heart-healthy lifestyle are well known by now.
Exercise regularly. Eat a low-fat, balanced diet. Don't smoke. You know the drill.
But did you know that there are other ways you can help your heart keep the beat? The American Heart Association suggests less-obvious steps you can take for good heart health.

**Choose a primary care doctor and have regular wellness exams.**
A lifelong relationship with a doctor helps keep you current with the important screenings, like blood pressure, cholesterol, and blood sugar, and sets the stage for managing changes in your health as you age.

**Control your stress.**
Stress causes an increase in heart rate and blood pressure that may damage the artery walls. Learn how to manage stress — such as deep breathing exercises — and find time each day for activities or hobbies you enjoy. Volunteer work also has been shown to offset stress.

**Don't ignore snoring.**
Is your sleeping partner complaining about your nighttime noises? Snoring is often related to sleep apnea, a condition that causes pauses in breathing during sleep. Left untreated, sleep apnea can lead to high blood pressure, heart disease and stroke.

**Learn the warning signs.**
A heart attack doesn't always cause the severe, chest-grabbing pain you see in the movies. Women in particular often have different symptoms than men do, including fatigue, that they fail to recognize as heart-related. Talk about the warning signs with your doctor.

**Get tested for peripheral artery disease (PAD).**
Starting in your 80s, ask your doctor for an ankle-brachial index test every one to two years as part of a physical exam. This test can diagnose PAD, a cardiovascular disease in which plaque builds up in the leg arteries and can be a precursor to cardiac artery disease.

*Source: American Heart Association*
#1 IN EMERGENCY HEART CARE

WE HAVE THE PLATINUM AWARD FROM THE AMERICAN COLLEGE OF CARDIOLOGY TO PROVE IT.

EMERGENCY CARE you can COUNT ON

PENSACOLA / GULF BREEZE / ATMORE / JAY

850.484.6500 / COUNTonBAPTIST.ORG